CHAPTER 5

Desserts

CAKES AND ICINGS

Cakes may be classified according to two major types: butter or shortened cakes and foam or sponge cakes. Butter cakes contain butter, margarine, or other shortening and usually are leavened with baking powder or with baking soda and an acid. True sponge cakes are leavened chiefly by air incorporated into beaten eggs, although modified sponge cakes may have baking powder added.

A properly balanced formula, correct temperature of ingredients, accurate measurements, controlled mixing of ingredients, proper relationship of batter to pan, and correct oven temperature and baking time are essential to good cake making. Cake flour yields better volume and finer texture than all-purpose flour and was used in testing recipes in this section, unless otherwise specified. If all-purpose flour is used, see Table 1.24 for substitution guidelines.

Methods of Mixing Butter or Shortened Cakes

For all methods of mixing, weigh or measure ingredients accurately and have them at room temperature.

Conventional Method

1. Cream shortening and sugar on medium speed, using flat beater, for about 10 minutes or until light and fluffy.
2. Add eggs and beat 3–5 minutes on high speed. Stop mixer and scrape sides and bottom of bowl and beater. Removing the beater to make sure bottom of bowl is scraped is recommended.
3. Combine flour, leavening, and other dry ingredients. Add alternately with the liquid to the creamed mixture.
4. Mix on low speed until thoroughly blended. Scrape sides of bowl and beater occasionally for even mixing.

Dough-Batter Method

1. Cream flour, baking powder, and shortening on low speed for 2 minutes, using flat beater. Scrape sides of bowl and beater. Mix for 3 minutes.
2. Add sugar, salt, and half the milk. Mix 2 minutes. Scrape bowl and beater. Mix 3 minutes.
3. Combine egg, flavoring, and remaining milk. Add half to flour mixture. Mix 30 seconds. Scrape bowl and beater. Mix 1 minute.
4. Add remaining egg mixture. Mix 1 minute. Scrape bowl and beater. Mix 2½ minutes.

This method requires less time and fewer utensils than the conventional method and yields a good product. See p. 170 for White Cake made by the dough-batter method.

Dry Blending and Wetting Method

1. Blend dry ingredients in mixer bowl and mix on low speed for 1 minute, using flat beater.
2. Add 60 percent of the water to the dry ingredients. Mix slightly; flour is not completely hydrated.
3. Add fat and mix on low speed for 1 minute, then on medium speed for 4 minutes.
4. Add 10 percent of the water. Mix 1 minute on low speed, then 3 minutes on medium speed.
5. Add remainder of water (30 percent), eggs, and flavoring. Mix 3 minutes on low speed.

This method of mixing produces a cake with good volume and fine texture. Converting water from weight to liquid measurements may produce awkward numbers. A small adjustment of the three liquid additions may need to be made for easy measurement, but the total weight of water should be the same as the amount specified in the recipe. See p. 169 for White Cake made by the dry blending and wetting method of mixing.

Muffin Method

1. Mix dry ingredients, including dry milk if used, in a mixer bowl.
2. Combine liquids (beaten eggs, milk or water, and melted shortening or oil).
3. Add liquids all at once to dry ingredients. Mix at low speed only enough to combine ingredients.

This method is quick and most successful when the cake is used soon after baking.

Methods of Mixing Foam or Sponge Cakes

Angel Food Cakes

1. Sift the flour with part of the sugar. This step helps the flour mix more evenly with the foam.
2. Beat the egg whites, using the whip attachment, until they form soft peaks. Egg whites should be at room temperature and all utensils used for whipping must be dry and free from fat or grease. Salt and cream of tartar are added near the beginning of the beating process.
3. Gradually beat in the sugar that was not mixed with the flour. Continue to beat until the egg whites form stiff, glossy peaks. Do not overbeat.
4. Fold in the flour/sugar mixture carefully to minimize loss of air from the foam. Fold until it is absorbed, but no longer.
5. Place in ungreased tube, loaf, or sheet pans and bake immediately.

Sponge Cakes

All egg-foam cakes are similar in that they contain little or no shortening and depend for most or all of their leavening on the air trapped in beaten eggs. However, the whole-egg foams and egg-yolk foams are handled differently from those made with egg whites alone. In sponge cakes, the sugar and liquid are added to the eggs or egg yolks and beaten until light. Dry ingredients are folded in. Chiffon cakes contain baking powder, which is mixed with the flour, and a small amount of fat in the form of vegetable oil that is added to the egg yolks and liquid. The beaten egg whites are folded into the batter.

Cake Mixes

Prepared cake mixes offer the foodservice a wide variety of products that can be produced with fewer and less-skilled employees than cakes prepared from scratch. However, care should be given to the selection of the mix, and the instructions for preparation should be followed carefully to ensure high-quality products. The formulas in commercial mixes are balanced, and deviations such as the substitution of milk for water or the addition of eggs may change the finished product.

Scaling Batter

Pan Preparation

Prepare pans before mixing cake batters, so that cakes can be baked without delay as soon as they are mixed.

1. For butter cakes, grease pans and line with parchment cake liners or grease and dust with flour. For best results, use a solid shortening. Oil will cause the cake to stick to the pan. A commercial vegetable spray may be used, or a coating mixture may be prepared and brushed on the pans (p. 165). Sides of the pan should be left ungreased unless cakes are to be removed from the pan for layers.
2. For angel food cakes and other foam cakes, do not grease the pan. The batter must be able to cling to the sides to rise.

Scaling

Butter or other shortened cakes usually are baked as sheet cakes for ease of preparation and serving but may be baked in layers or as cupcakes. Layer cakes may be made by cutting 18 × 26-inch sheet cakes in half or layering two 13 × 18-inch sheet cakes. (See Figure 5.1 for layering and icing a sheet cake.)

The correct amount of cake batter per pan is important in producing a cake with consistently high quality and volume. Table 5.1 gives approximate weights of batter for selected pan sizes. The proper scaling weight for different batters, however, can be determined by actual baking tests and experimentation. Once it has been determined, scaling weights for all pan sizes using the same batter can be calculated mathematically. The formula follows.

Step 1 Experiment, using any pan, to determine the proper scaling weight.

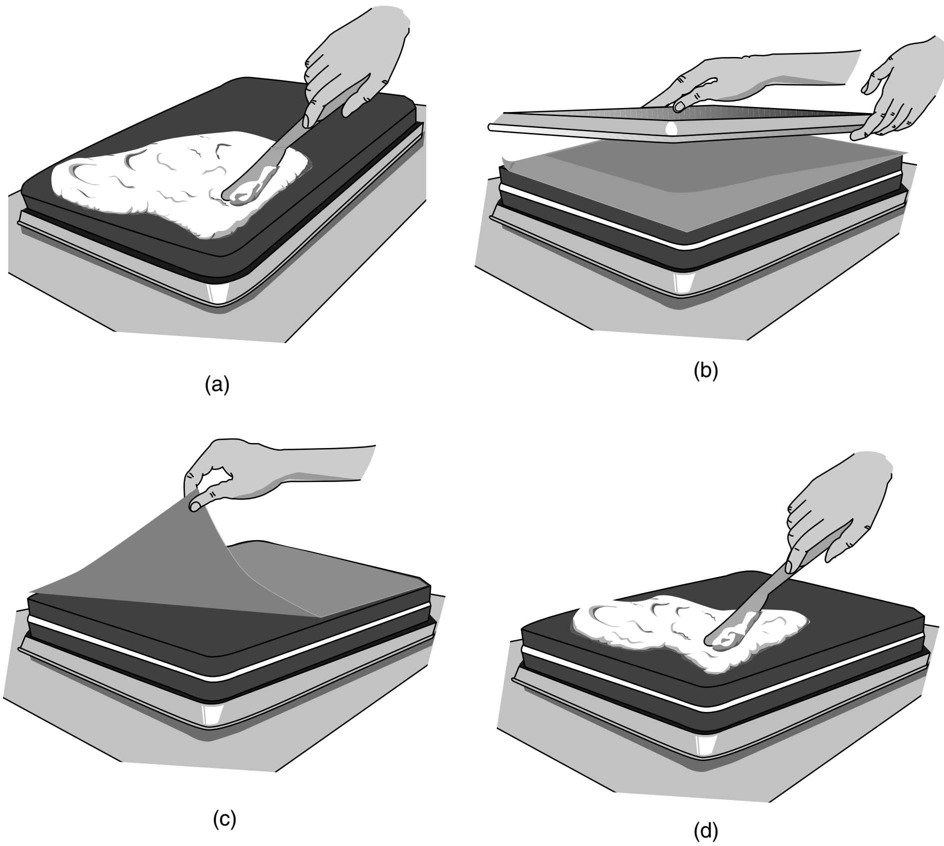


FIGURE 5.1 Layering and icing a sheet cake. (a) Remove sheet cake from pan after loosening sides. Place top side down on inverted baking sheet. Spread icing evenly over cake. (b) Carefully turn second cake onto iced layer. (c) Remove cake liner if used. (d) Ice top and sides of cake.

TABLE 5.1 Approximate Scaling Weights and Yields for Cakes

Pan size	*Approximate weight per pan*	*Yield*	*Type of cake*
12 × 18 × 2 inches	4–5 lb	30 portions (5 × 6) 32 portions (4 × 8)	Butter, sheet
13 × 18 × 1 inches (half-size baking sheet)	2–2½ lb	48 portions (6 × 8)	Butter, layer
13 × 18 × 1 inches	1¼ –1½ lb	12 portions	Sponge or foam, sheet
18 × 26 × 2 inches	8–10 lb	60 portions (6 × 10) 64 portions (8 × 8)	Butter, sheet
8-inch round	16–20 oz per layer	16 portions (2 layers)	Butter, layer
9-inch round	20–24 oz per layer	16 portions (2 layers)	Butter, layer
10-inch tube	28–40 oz	14–16 portions	Foam, sponge
Cupcakes	1¾ oz each		Butter

Note

- See p. 159 for scaling weights for icings and fillings.

Step 2 Determine the volume of the pan used, expressed as cubic inches.

square or rectangular pan volume = length × width × height

round pan volume = 3.14 × radius squared × height

Step 3 Determine the cubic inches per ounce of batter (factor) by dividing the cubic inches (as found in Step 2) by the ounces of batter determined to be correct by experimentation in Step 1.

$$\text{factor} = \frac{\text{cubic inches in pan}}{\text{correct scaling weight per pan}}$$

Step 4 Find the proper scaling weight of the particular batter calculated for any pan by dividing the known factor into the pan volume.

$$\frac{\text{volume of cake pan to be used}}{\text{factor}} = \text{proper scaling weight of batter}$$

The following example illustrates the procedure for calculating proper scaling weight for a cake. The proper scaling weight of a 6 × 1½-inch round chocolate cake was determined to be 8 ounces. What would be the scaling weight for the same batter in a 10 × 1½-inch round pan?

Step 1 Through experimentation, it was determined that 8 oz in a 6 × 1½-inch pan was correct.

Step 2 Volume = $3.14 \times 3^2 \times 1.5 = 42$ cubic inches

Step 3 42 cubic inches ÷ 8 ounces = 5.25 cubic inches per ounce = factor

Step 4 10-inch pan volume = 3.14 × 5 × 1.5 = 118 cubic inches. 118 cubic inches ÷ 5.25 (factor) = 22.5 ounces scaling weight

Baking

Cake structure is fragile, so proper baking conditions are essential for quality products. The following are guidelines for producing quality cakes.

1. Preheat the oven.
2. Make sure oven and shelves are level.
3. Make sure batter is level in the pan and pan is filled in corners.
4. Do not let pans touch each other in the oven. If pans touch, air circulation is inhibited and the cakes rise unevenly.
5. Bake at correct temperature. Too high a temperature can cause tunneling in the cakes, cakes with a cracked top crust, or excessively high peaks. Too low an oven temperature can cause a pale top crust, a top crust that is sticky, or low volume.
6. Do not open ovens or disturb cakes until they have finished rising and are partially browned. In a convection oven, sheet cakes should be turned halfway through the baking time to ensure uniform baking and symmetry.
7. Test for doneness. Cakes are fully baked when cake center springs back when touched lightly. A cake tester inserted near the center of the cake will come out clean. Shortened cakes will shrink away from sides of pan slightly.

Cooling and Removing from Pans

1. Cool butter layer cakes 10–15 minutes before removing from pans. Cool cakes completely before icing.
2. Sheet cakes may be left in the pans and iced when cool or removed from the pan and layered (Figure 5.1).
3. Invert pans of angel food cakes or sponge cakes and cool completely. Be sure the edges of the pan are supported so that the top of the cake does not rest on the table. When cool, loosen cake from sides of pan with spatula or knife and pull out carefully.

Icings and Fillings

The presentation of cakes may be varied by the use of different icings and fillings. The amount to use will depend on the kind of cake to be iced and the individual preference of the patrons. Table 5.2 may serve as a guide. Sheet cakes usually are iced in their baking pans. Layered sheet cakes should be removed from the pans before icing (Figure 5.1). If possible, cakes should be iced as soon as they have cooled to help prevent drying. If uniced cakes will not be used within a short time, they should be covered and kept in a closed cabinet or freezer. To freeze cakes, cover with plastic wrap or put in an airtight container. It is best to freeze cakes uniced. Figure 5.2 suggests cutting configurations for cakes.

TABLE 5.2 Approximate Scaling Weights for Icings and Fillings

Pan size	*Approximate weight per pan*
13 × 18 × 2 inch	1 lb 8 oz (3 cups)
18 × 26 × 2 inch	3 lb (1½ qt)
9-inch layer	1 lb (2 cups) ⅔ cup in the middle 1¼ cups top and sides
10-inch tube	12 oz (1½ cups)

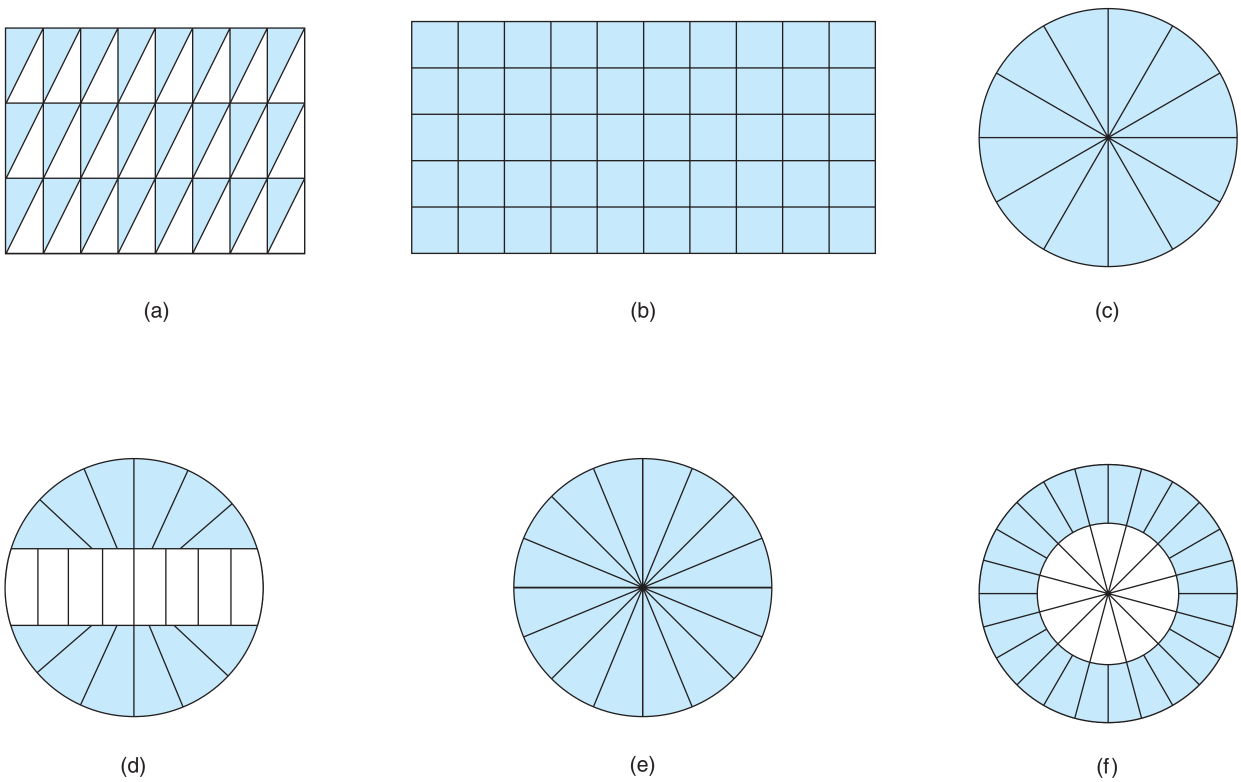


FIGURE 5.2 Suggested cutting configurations for cakes: (a) 18 × 26-inch baking sheet, 48 portions; (b) 18 × 26-inch baking sheet, 60 portions; (c) 8- to 12-inch round, 12 portions; (d) 10- to 12-inch round, 20 portions; (e) 8- to 12-inch round, 16 portions; (f) 10- to 12-inch round, 36 portions.

QUALITY STANDARDS FOR CAKES

Quality standards for butter cakes: Smooth surface, slightly rounded top, high volume; fine-grained, small, evenly distributed cell walls, light but not crumbly; soft texture, velvety, moist, light, tender crumb; delicate, sweet, well-blended flavor. Cakes other than chocolate should be a golden brown color.

Deviation	*Possible Cause*
Peaked or cracked	Too much flour, too little liquid, overmixing, oven temperature too high
Flat top	Oven temperature too low (Some cakes used for layering are formulated for a flat top.)
Pale color	Too little sugar, too much liquid, wrong type pan, underbaked, oven temperature too low
Too dark color	Too much sugar, oven temperature too high, overbaking
Low volume	Too much shortening, too much liquid, insufficient leavening, undermixing, wrong size pan, too long standing time before baking or holding too long in a warm room, oven temperature too high
Large cells	Too little liquid, too much shortening, under- or overmixing, oven temperature too low
Compact texture	Overbeating
Crumbly texture	Too much shortening or sugar, too little liquid, insufficient mixing
Tunnels	Too much egg, too little sugar, overmixing, oven temperature too high, excessive bottom heat
Dry	Too little sugar, too much leavening, overbaking
Soggy	Too much shortening, undermixing, underbaking, improper cooling before covering
Tough	Too much shortening, protein content of flour too high, improper balance of ingredients, overmixed, overbaked, oven temperature too high
Unpleasant flavor	Flat, too little salt, rancid fat
Shrinkage	Oven temperature too low, overbaked

Quality standards for angel, sponge, or chiffon cakes: Thin, golden brown crust, rounded top, slightly split in the middle; fine texture, with thin cell walls, light in weight in proportion to size; moist, tender crumb; delicate flavor.

Deviation	*Possible Cause*
Thick, hard crust	Oven temperature too low, overbaked
Sticky crust	Too much sugar, insufficient baking
Large cracks	Too stiff a mixture, overbeaten eggs, oven temperature too high
Undersized, heavy	Grease on equipment or bowl, overbeating or underbeating egg whites, overmixing, improper balance of ingredients, oven temperature too high, cakes removed from pan too soon after baking, underbaked.
Dry	Overbeaten egg whites, too much flour, too little sugar, overbaked, oven temperature too low
Tough	Oven temperature too high, overmixing, sugar content too high, too much flour or wrong type used
Coarse	Overbeaten egg whites, insufficient mixing, oven temperature too low

COOKIES

Cookies are made in a variety of shapes, sizes, and textures. They may be crisp, soft, or chewy, depending on the proportion of ingredients, the method of mixing, and baking time and temperature.

Proportion of Ingredients

Crisp cookies generally have a low proportion of liquid and a high sugar and fat content. Soft cookies have a high proportion of liquid and are lower in fat and sugar. Chewy cookies have high sugar and liquid content but are low in fat and have a high proportion of eggs. Some cookies are best when the dough spreads some during baking, while others must hold their shape. A high sugar or liquid content may increase cookie spread during baking.

Methods of Mixing

Most cookies are prepared by one of the following methods:

Creaming Method Cream shortening, sugar, and flavorings at low speed until blended. The amount of creaming can affect the texture of the cookies. A short creaming time is used for a chewy cookie; for a cookie with cakelike texture, the shortening and sugar are creamed until light and fluffy. The amount of creaming may also affect the spread of the cookie while it is baking. After the creaming is completed, blend in the eggs and liquid, then the flour and leavening. Mix the dough only until ingredients are combined.

One-Stage Method Place all ingredients in the mixer and mix at low speed until blended.

Sponge Method Beat eggs (white, yolks, or whole) until light. Add the remaining ingredients and blend, being careful not to overmix or deflate the eggs.

Shaping

Drop cookies are made from a soft dough, which is portioned onto prepared baking sheets with a dipper. A No. 40 dipper, which was used for most of the recipes in this book, makes a medium-size cookie, approximately 2½–3 inches in diameter and weighing about ¾ ounce. Larger cookies may be made by using a No. 20 or No. 30 dipper, and Nos. 60 or 70 make tea cookies. If using the recipe for larger or smaller cookies, the yield may need to be adjusted by using the procedure on p. 5.

Bar cookies are made from a soft dough or batter that is spread evenly on prepared baking pans. Most recipes in this section suggest using two 13 × 18 × 1-inch pans (half baking sheet) or one 18 × 26 × 1-inch pan (baking sheet). The 13 × 18-inch pan will yield 30 2½ × 3-inch bars by cutting 5 × 6. An 18 × 26-inch pan may be cut 6 × 10 to yield 60 bars 3 × 2½ inches or 8 × 12 for 96 cookies.

Rolled cookies are made from a stiff dough that has been chilled thoroughly. The dough is rolled out to ⅛–inch thickness on a lightly floured board and cut with a cookie cutter.

Refrigerator cookies are made by shaping dough into rolls of uniform size (1–2 inches in diameter) and chilling, then cutting into slices. Use of a slicing machine ensures uniform thickness. The dough may be made into rolls, wrapped in waxed or parchment paper, refrigerated or frozen, and baked as needed.

Molded or pressed cookies are made by shaping dough into small balls, which is then flattened by pressing with a mold or other flat utensil dipped in sugar. Cookies may be shaped also with a cookie press or, if using a soft dough, with a pastry bag.

Baking

Pans are prepared by lightly greasing or lining with baking pan liners. A heavily greased pan increases the spread of the cookie. Some high-fat cookies can be baked on ungreased pans. Most cookies are baked at a relatively high temperature. Too low a temperature increases spreading and may produce dry, pale cookies. Too high a temperature decreases spreading and may burn the edges or bottoms.

Cookies should be watched carefully to prevent overbaking or burning. To test for doneness, touch center of the cookie lightly with a finger. If almost no imprint remains and the cookie is browned it is done. Fudge-type bars will be done when the top has a dull crust; and the cakelike bars, when a pick inserted in the center comes out clean. Soft cookies should be removed from the oven when they are still soft to the touch.

In most cases, to prevent sticking, the cookies should be removed from pans while they are still warm. If baking pan liners are used, the cookies may be left on the pan to cool. Very soft cookies, however, should not be removed until they are cool and firm enough to handle. Cookies should be completely cooled before storing.

Storing

Proper storage is important to maintain the quality and freshness of cookies. Crisp cookies may become soft if they absorb moisture, so they should be stored loosely covered away from moisture. Soft cookies should be stored tightly covered because they will become dry if allowed to lose moisture. All cookies are best if served soon after baking.

QUALITY STANDARDS FOR COOKIES

Quality standards for drop cookies: Uniform shape and color; good flavor; crisp or chewy texture (true to type of cookie).

Deviation	*Possible Cause*
Misshapen	Improper dropping of dough, oven temperature too high or too low, improper mixing
Excessive spreading	Too much liquid, too much fat and sugar, liquid fat substituted for solid fat, overcreaming, dough too warm, incorrect oven temperature, not peaked when dropped, cookies panned too close together
Dry, crumbly texture	Incorrect proportion of ingredients, inaccurate measuring, poor mixing or baking techniques, incorrect oven temperature

Quality standards for bar cookies: Uniform, well-cut shape; rich, moist eating quality; thin, delicate crust; appealing flavor.

Deviation	*Possible Cause*
Crumbles when cut	Cut while too warm
Dry, crumbly texture	Overbaking, improper proportion of ingredients
Hard, crusty top	Overmixed, overbaked

Quality standards for rolled cookies: Retains shape of cutter; lightly browned surface; crisp or soft texture, depending on thickness.

Deviation	*Possible Cause*
Tough	Excessive rerolling
Dry	Rolling in too much flour or rerolling

Quality standards for pressed and molded cookies: Well-defined pattern and shape; tender, crisp texture; rich, buttery flavor; delicately browned color.

Deviation	*Possible Cause*
Misshapen	Improper use of cookie press or poor molding, dough too cold or too warm, dough placed on hot baking sheet, oven temperature too low
Crumbly, dry	Incorrect proportion of ingredients, insufficient shaping

Quality standards for refrigerator cookies: Uniform thin slices, lightly browned surface, crisp and crunchy texture, rich flavor.

Deviation	*Possible Cause*
Irregular shape	Improper molding of dough roll, dough not chilled before slicing, improper slicing technique
Too soft	Cut too thick

QUALITY STANDARDS FOR PASTRY

Quality standards: Golden brown color, blistery surface, uniform, attractive edges, fits pan well; flaky or mealy texture, cuts easily, pleasant bland flavor.

Deviation	*Possible Cause*
Smooth surface	Overhandling, too much flour when rolling
Shrunken	Stretched crust when easing into pan, overmixing, protein content of flour too high, too much water
Tough	Too much water, overmixing, overhandling, protein content of flour too high
Not flaky	Temperature of dough too high, shortening too soft, overmixing
Too tender	Undermixing, not enough liquid, too much shortening
Soggy bottom crust	Baked too short a time, too much fat in crust, oven temperature too low or not enough bottom heat, using a filling that is too hot
Compact	Underbaking, too much liquid
Dry	Shortening cut in too finely, not enough liquid

PIES

A good pie has a tender crust that cuts easily and a filling that will just hold its shape when cut. Pie crust is an uncomplicated mixture, consisting of four ingredients: flour, shortening, water, and salt. The quality of the crust depends on the mixing technique as well as the type and proportion of ingredients.

Ingredients

Tenderness depends largely on the kind of flour, the amount of fat and water used, and the amount of mixing. Choice of flour is important in pastry making. Gluten is developed from the protein present in wheat flours and gives structure and strength to baked goods. Pastry flour, which is made from soft wheat, has enough protein to produce the desired structure and flakiness, yet is low enough in protein to yield a tender product if handled properly. All-purpose flour, which is a blend of soft and hard wheats, contains enough protein to provide the gluten essential to make good pastry and is the type of flour used in recipes in this book.

Regular hydrogenated shortening is the fat used most often for pie crusts because it has the right plasticity to produce a flaky crust. It is firm and moldable enough to make a workable dough. The tenderness of pastry increases with the proportion of fat, but excess fat may cause the crust to be too tender to remove from the pan. Shortening should be cool when added to the flour. If it is warm, it blends too quickly with the flour.

Addition of a liquid, generally water, develops some gluten in the flour and gives structure and flakiness to the dough. Excess water gives a less tender product, but if not enough water is used, the crust will not hold together. The water should be cold (35°–40°F) when added to the flour/fat mixture.

Salt, which is added mainly for flavor, is dissolved in the water before adding to the mix in order to ensure even distribution.

Mixing

Pastry is mixed by cutting the fat into the flour, then adding water and salt. The type of crust produced is partially determined by the method of combining the fat and flour. For a ***flaky*** crust, the fat and flour are mixed until small lumps are formed throughout the mixture. A ***mealy*** crust results when the fat and flour are thoroughly mixed until the mixture resembles cornmeal. Overmixing after the water has been added or using too much flour when rolling toughens pastry.

Pie dough should be kept cool during mixing and makeup. Chilling the dough for several hours, or until 50°–60°F, allows the water to become distributed

better throughout the dough and hardens the shortening so that it is less likely to soften during handling and shaping operations.

A pie crust mix, made by cutting the fat into the flour and salt mixture, may be stored in the refrigerator for 4–6 weeks and used as needed by adding water to make fresh pie crusts. If freezer storage is adequate, crusts may be made and frozen unbaked until needed.

OTHER DESSERTS

Although cakes, cookies, and pies remain popular, today's foodservices offer a wide variety of other desserts, such as fruit cobblers and crisps, cheesecake, frozen yogurt and ice cream, and fresh fruits in a variety of presentations. Recipes for many of these desserts are included in this section, as are the time-tested custards and other puddings, gelatin desserts, and refrigerator desserts used in many foodservices.

Basic custard consists of milk, sugar, eggs, and flavoring and may be of two types. Soft or stirred custard is cooked slowly over low heat, while stirring, until it is slightly thickened. It remains pourable when cooked. Baked custard, which is not stirred, is baked until it sets and becomes firm. Custards should be cooked to an internal temperature of 181°–185°F. If heated beyond this point, the custard may curdle and become watery. Cooking baked custards in a water bath, in which the custard cups or baking pan are placed in a pan of hot water, helps prevent curdling.

Cream puddings contain starch thickeners and eggs, resulting in a thicker, more stable product. The thickener may be cornstarch, flour, tapioca, or a cereal product. These desserts require sweetening, usually sugar. Too much sugar interferes with the thickening of the eggs and the starch; therefore, a properly balanced formula is important. To make a cream pudding, the milk is added slowly to the combined dry ingredients, while stirring with a wire whip. The mixture is stirred occasionally and cooked until thickened in a steam-jacketed or other kettle over low heat to prevent scorching. The method of adding the eggs is also important to a smooth pudding. To avoid curdling when the eggs are added, a small amount of the hot mixture is first added to the beaten eggs, then this mixture is stirred into the rest of the pudding. Cream puddings should be smooth and creamy.

Gelatin desserts, usually in the form of a fruit gelatin or Bavarian cream, are served as dessert choices in many institutions. A basic recipe for Fruit Gelatin Salad on p. 490 gives proportions for gelatin and fruit and instructions for preparing gelatin mixtures. Bavarian cream has whipped cream folded in.

Fruit offers a wide range of dessert possibilities and may be served fresh, poached, baked, as a sauce, or combined with other ingredients to make a baked dessert such as strawberry shortcake, fruit cobbler, or fruit crisp. A fresh-fruit and cheese plate, with in-season fresh fruit and cheese attractively displayed, is a popular dessert. Suggestions for a fruit and cheese dessert are given on p. 265.

CAKE RECIPES

COATING FOR BAKING PANS

Yield: 2 lb 12 oz

Ingredient	*Amount*	*Procedure*
Shortening	1 lb	Mix shortening until creamy.
Flour, all-purpose	12 oz	Add flour gradually, whipping until smooth. Start on low mixer speed, then move to medium.
Vegetable oil	2 cups	Add oil very slowly and whip until light and frothy. Store at room temperature in tightly closed containers. Apply to pans with pastry brush. Use to grease cake pans or cookie sheets.

ANGEL FOOD CAKE

Yield: 42 portions or 3 10-inch cakes *Portion:* 14 slices per cake
Oven: 350°F *Bake:* 50–55 minutes

Ingredient	*Amount*	*Procedure*
Egg whites, fresh or frozen	2 lb 8 oz (5 cups)	Beat egg whites on high speed for 1 minute, using whip attachment. Be sure utensils are free from grease.
Salt Cream of tartar	1 tsp 2 Tbsp	Add salt and cream of tartar. Continue beating until egg whites are just stiff enough to hold their shape.
Sugar, granulated	1 lb 8 oz	Add sugar slowly while beating on medium speed.
Vanilla Almond extract (optional)	1 Tbsp 1 tsp	Add flavorings. Continue beating on high speed for 2 minutes, or until mixture will stand in stiff peaks.
Sugar, granulated Flour, cake	12 oz 12 oz	Mix sugar and flour. Sift three times. Gradually add to egg . whites on low speed Continue folding 2 minutes after last addition. Scale into three ungreased tube cake pans, 1 lb 12 oz per pan. Bake at 350°F for 50–55 minutes or at 400°F for 35 minutes. Invert cakes to cool.

Approximate nutritive values per portion **Calories** 138

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 31 g	10%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 96 mg	4%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	3%
Protein 4 g				Sugars 24 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- To add sugar-flour mixture by hand, remove bowl from machine and fold mixture into meringue, using wire whip or spatula, adding 1 cup at a time. Mix about five strokes after each addition.

Variations

- **Chocolate Angel Food Cake.** Substitute 1½ oz cocoa for 1½ oz flour.
- **Frozen-Filled Angel Food Cake.** Cut each cake crosswise into three slices. Spread 1 pt softened strawberry ice cream on first layer and cover with cake slice. Spread second slice with 1 pt softened pistachio ice cream. Top with remaining slice. Frost top and sides with sweetened whipped cream (1 cup cream, 2 Tbsp powdered sugar, and ½ tsp vanilla per cake). Cover with toasted coconut. Freeze. Remove from freezer 1 hour before serving. Other ice cream or sherbet may be used.
- **Orange-Filled Angel Food Cake.** Cut each cake crosswise into three slices. Spread Orange Filling (p. 199) between layers, and ice top and sides with Orange Butter Icing (p. 192).

YELLOW ANGEL FOOD (SPONGE CAKE)

Yield: 42 portions or 3 10-inch cakes *Portion:* 14 slices per cake
Oven: 350°F *Bake:* 30–45 minutes

Ingredient	*Amount*	*Procedure*
Egg yolks	1 lb 8 oz (3 cups)	Beat egg yolks on medium speed, using whip attachment.
Water, boiling	2 cups	Add water to egg yolks. Beat on high speed until light, about 5 minutes.
Sugar, granulated	1 lb	Sift sugar. Add to egg mixture gradually, beating on high speed while adding.
Flour, cake Sugar, granulated	12 oz 12 oz	Combine flour and sugar. Add on low speed to egg mixture.
Flour, cake Baking powder Salt	10 oz 4½ tsp 1 tsp	Mix flour, baking powder, and salt.
Lemon juice Fresh lemon peel, grated	3 Tbsp 1 Tbsp	On low speed, gradually add flour alternately with lemon juice and peel to egg mixture.
Vanilla Lemon extract	1 Tbsp 1½ tsp	Add flavoring and continue mixing on low speed for 2 minutes.
		Scale into three ungreased tube cake pans, 1 lb 14 oz per pan. Bake at 350°F for 30–45 minutes. Immediately upon removal from oven, invert cakes to cool.

Approximate nutritive values per portion **Calories** 186

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 5 g	**8%**	**Cholest.** 208 mg	**69%**	**Total Carb.** 31 g	**10%**	**Vitamin A**	**31%**	**Calcium**	**4%**
Sat. Fat 2 g	**8%**	**Sodium** 90 mg	**4%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**9%**
Protein 4 g				Sugars 19 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

ORANGE CHIFFON CAKE

Yield: 42 portions or 3 10-inch cakes *Portion:* 14 slices per cake
Oven: 350°F *Bake:* 45–50 minutes

Ingredient	*Amount*	*Procedure*
Flour, cake Baking powder Salt Sugar, granulated	1 lb 8 oz 1½ oz (3 Tbsp) 2 tsp 1 lb 3 oz	Combine dry ingredients in mixer bowl. Mix on low speed for about 10 seconds, or until blended, using flat beater.
Egg yolks, beaten Vegetable oil Water	1 lb (2 cups) 1½ cups 1½ cups	Combine egg yolks, salad oil, and water. Add to dry ingredients. Mix on medium speed until smooth.
Orange juice Orange peel, grated	1 cup 2 Tbsp	Add orange juice and peel gradually. Mix well after each addition, but avoid overmixing.
Egg whites Cream of tartar	1 lb 4 oz (2½ cups) 2 tsp	Whip egg whites until foamy. Add cream of tartar and continue beating until egg whites form soft peaks.
Sugar, granulated	1 lb 2 oz	Add sugar gradually and continue beating until very stiff. Fold gently into batter. Scale into three ungreased tube cake pans, 2 lb 12 oz per pan. Bake at 350°F for 45–50 minutes. Immediately on removal from oven, invert cakes to cool.
Orange Butter Icing (p. 192)	1½ qt	When cake has cooled, remove from pan and ice.

Approximate nutritive values per portion **Calories** 418

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 16 g	**24%**	**Cholest.** 139 mg	**46%**	**Total Carb.** 66 g	**22%**	**Vitamin A**	**22%**	**Calcium**	**6%**
Sat. Fat 4 g	**20%**	**Sodium** 268 mg	**11%**	Fiber 0 g	**0%**	**Vitamin C**	**5%**	**Iron**	**9%**
Protein 5 g				Sugars 50 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Cocoa Chiffon Cake.** Omit orange juice and peel. Add 5 oz cocoa to dry ingredients. Increase water to 2⅓ cups. Add 1 Tbsp vanilla.
- **Walnut Chiffon Cake.** Omit orange juice and peel. Increase water to 2⅓ cups. Add 2 Tbsp vanilla and 12 oz finely chopped walnuts. Ice with Burnt Butter Icing (p. 189).

WHITE CAKE (DRY BLENDING METHOD)

Yield: 60 portions or 2 pans 12 × 18 × 2 inches *Portion:* 2½ × 3 inches
Oven: 350°F *Bake:* 25–30 minutes

Ingredient	*Amount*	*Procedure*
Flour, cake Sugar, granulated Nonfat dry milk Salt Baking powder	1 lb 13 oz 2 lb 5 oz 3 oz 4 tsp 1¾ oz	Combine dry ingredients in mixer bowl. Mix on low speed for 1 minute.
Water	1¾ cups	Add water. Mix slightly.
Shortening	1 lb	Add shortening. Mix 1 minute on low speed. Mix 4 minutes on medium speed.
Water	½ cup	Add water. Mix 1 minute on low speed. Scrape bowl. Mix 3 minutes on medium speed. Scrape bowl and beater.
Egg whites Eggs, whole Water Vanilla	1 lb 3 oz 1 cup 2 Tbsp	Add eggs, water, and vanilla. Mix 3 minutes on low speed.
		Scale batter into two greased 12 × 18 × 2-inch pans, 4 lb per pan. Bake at 350°F for 25–30 minutes. Cool and frost.

Approximate nutritive values per portion **Calories** 132

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 8 g	**12%**	**Cholest.** 6 mg	**2%**	**Total Carb.** 12 g	**4%**	**Vitamin A**	**1%**	**Calcium**	**7%**
Sat. Fat 2 g	**10%**	**Sodium** 248 mg	**10%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**5%**
Protein 3 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note • May be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions.

Variations • See p. 170.

WHITE CAKE (DOUGH-BATTER METHOD)

Yield: 60 portions or 2 pans 12 × 18 × 2 inches *Portion:* 2½ × 3 inches
Oven: 350°F *Bake:* 35–40 minutes

Ingredient	*Amount*	*Procedure*
Flour, cake Baking powder Shortening, hydrogenated	2 lb 4 oz 1½ oz 1 lb 2 oz	Place flour, baking powder, and shortening in mixer bowl. Mix on low speed for 2 minutes, using flat beater. Scrape sides of bowl. Mix 3 minutes.
Sugar, granulated Salt Milk	2 lb 4 oz 1 Tbsp 2 cups	Combine sugar, salt, and milk. Add to flour mixture. Mix on low speed 2 minutes. Scrape sides of bowl. Mix 3 minutes.
Egg whites Milk Vanilla	12 (14 oz) 1⅓ cups 2 Tbsp	Combine egg whites, milk, and vanilla. Add half to mixture in bowl. Mix on low speed for 30 seconds. Scrape sides of bowl. Mix 1 minute. Add remaining egg-milk mixture. Mix on low speed for 1 minute. Scrape sides of bowl. Mix 2½ minutes.
		Scale batter into two greased 12 × 18 × 2-inch pans, 5 lb 7 oz per pan. Bake at 350°F for 35–40 minutes. Cool and ice. Cut 5 × 6.

Approximate nutritive values per portion **Calories** 216

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 9 g	**14%**	**Cholest.** 2 mg	**1%**	**Total Carb.** 31 g	**10%**	**Vitamin A**	**0%**	**Calcium**	**6%**
Sat. Fat 2 g	**12%**	**Sodium** 196 mg	**8%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**7%**
Protein 3 g				Sugars 17 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- 3 oz nonfat dry milk and 3⅓ cups water may be substituted for fluid milk. Increase shortening to 1 lb 3 oz. Mix dry milk with flour.
- May be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions.
- For six 9-inch layer pans, scale 1 lb 6 oz per pan.

Variations

- **Chocolate Chip Cake.** Add 12 oz chocolate chips to batter.
- **Coconut Lime Cake.** Scale into six 9-inch layer cake pans. When baked, cool, then spread Lime Filling (p. 199) between layers. Ice with Ice Cream Icing (p. 190). Sprinkle with toasted flaked coconut.
- **Cupcakes.** Portion batter with No. 20 dipper into muffin pans or paper baking cups. Yield: 7 dozen.
- **Lady Baltimore Cake.** Bake cake in layers. Prepare one recipe Ice Cream Icing (p. 190). To 1½ qt icing, add 1 tsp orange juice, 4 oz macaroon crumbs, 5 oz chopped almonds, and 6 oz chopped raisins. Spread on bottom layers; place second layers on top and spread with filling. Ice tops and sides with remaining frosting.
- **Poppy Seed Cake.** Add 6 oz poppy seeds that have been soaked in part of the milk. Ice with Chocolate Butter Cream Icing (p. 191).
- **Silver White Cake.** Scale batter into six 9-inch layer cake pans. When baked, cool and then spread Lemon Filling (p. 199) between layers. Ice with Ice Cream Icing (p. 190).
- **Starburst Cake.** Bake in two 12 × 18 × 2-inch pans. While cake is warm, perforate top with a meat fork every half inch. Prepare 2 qt flavored gelatin, and while still liquid slowly pour 1 qt over each cake. Cool and ice with Ice Cream Icing (p. 190) or other white icing.

CARROT CAKE

Yield: 60 portions or 2 pans 12 × 18 × 2 inches *Portion:* 2½ × 3 inches
Oven: 325°F *Bake:* 40–45 minutes

Ingredient	*Amount*	*Procedure*
Sugar, granulated Vegetable oil Eggs	2 lb 6 oz 2½ cups 9 (1 lb)	Combine sugar, oil, and eggs. Beat 2 minutes on medium speed, using flat beater.
Flour, all-purpose Salt Baking soda Cinnamon, ground	1 lb 12 oz 1 oz (1½ Tbsp) ⅔ oz (5 tsp) ⅔ oz (3 Tbsp)	Combine dry ingredients. Add to oil mixture and beat 1 minute.
Carrots, raw, grated Nuts, chopped	2 lb 8 oz 1 lb	Add carrots and nuts. Mix until blended.
		Scale batter into two greased 12 × 18 × 2-inch pans, 5 lb per pan. Bake at 325°F for 40–45 minutes. Ice with Cream Cheese Icing (p.192) Cut 5 × 6.

Approximate nutritive values per portion **Calories** 263

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 14 g	**21%**	**Cholest.** 32 mg	**11%**	**Total Carb.** 32 g	**11%**	**Vitamin A**	**54%**	**Calcium**	**3%**
Sat. Fat 3 g	**15%**	**Sodium** 282 mg	**12%**	Fiber 2 g	**7%**	**Vitamin C**	**3%**	**Iron**	**6%**
Protein 4 g				Sugars 19 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- May be baked in one 18 × 26 × 2-inch pan cut 6 × 10 for 60 portions.

YELLOW CAKE

Yield: 60 portions or 2 pans 12 × 18 × 2 inches *Portion:* 2½ × 3 inches
Oven: 350°F *Bake:* 35–40 minutes

Ingredient	*Amount*	*Procedure*
Flour, cake Baking powder Shortening, hydrogenated	2 lb 5 oz 3¾ Tbsp 1 lb	Place flour, baking powder, and shortening in mixer bowl. Mix on low speed for 2 minutes, using flat beater. Scrape sides of bowl. Mix 3 minutes.
Sugar, granulated Salt Milk	2 lb 13 oz 2 tsp 2 cups	Combine sugar, salt, and milk. Add to flour mixture. Mix on low speed 2 minutes. Scrape sides of bowl. Mix 3 minutes.
Eggs Milk Vanilla	8 (14 oz) 2½ cups 2 Tbsp	Combine eggs, milk, and vanilla. Add half to flour mixture. Mix on low speed 30 seconds. Scrape sides of bowl. Mix 1 minute. Add remaining egg mixture. Mix 1 minute. Scrape sides of bowl. Mix 2½ minutes.
		Scale batter into two greased 12 × 18 × 2-inch baking pans 4 lb 10 oz per pan. Bake at 350°F for 35–40 minutes. Cut 5 × 6.

Approximate nutritive values per portion **Calories** 232

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	13%	**Cholest.** 29 mg	10%	**Total Carb.** 36 g	12%	**Vitamin A**	2%	**Calcium**	6%
Sat. Fat 2 g	10%	**Sodium** 90 mg	4%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	7%
Protein 3 g				Sugars 21 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- 4 oz nonfat dry milk and 4½ cups water may be substituted for fluid milk. Add dry milk to flour mixture. Divide water as stated in recipe.
- May be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions.
- For layer cakes, scale 1 lb 9 oz batter into each of six 9-inch layer cake pans.
- For cupcakes, portion with No. 30 dipper into muffin pan. Yield: 8½ dozen.

Variations

- **Boston Cream Pie.** For two 12 × 18-inch pies, scale batter into four pans, 2 lb 5 oz each. When baked, spread Custard Filling (p. 198) on two cakes, 3 lb 3 oz each. Place other cakes on top. Cover with Chocolate Glaze (p. 195), 1 lb per cake. Cut 5 × 6.

  For two 18 × 26-inch pies, scale 4 lb 10 oz into each of two pans. Use 6 lb 6 oz Custard Filling and 2 lb Chocolate Glaze. Cut 6 × 10.

  For 9-inch layers, scale batter into eight pans, 1 lb 2 oz per pan. Use ½ recipe Custard Filling. Spread 1½ cups on each of four layers. Use ½ recipe Chocolate Glaze, spreading ½ cup on each pie.

  Powdered sugar sifted over top of pies may be substituted for Chocolate Glaze.
- **Cottage Pudding.** Cut cake into squares and serve with No. 20 dipper of fruit, lemon, nutmeg, or other sauce.
- **Dutch Apple Cake.** After the cake batter is poured into baking pans, arrange 2 lb 8 oz peeled sliced apples in rows over each pan. Sprinkle over top of each pan 4 oz granulated sugar and 1 tsp cinnamon, mixed.
- **Lazy Daisy Cake.** Mix 1 lb 2 oz melted margarine or butter, 2 lb brown sugar, 2 lb coconut, and 1½ cups half and half, or enough to moisten to consistency for spreading. Spread over baked cake, 3 lb per pan, and brown under the broiler or in the oven.

- **Marble Cake.** Divide batter into two portions after mixing. To one portion add 3 Tbsp cocoa, 1 Tbsp cinnamon, and 1 tsp nutmeg. Place batters alternately in cake pans; swirl with knife.
- **Pineapple Upside-Down Cake.** Mix one No. 10 can drained crushed pineapple (or tidbits), 8 oz melted margarine or butter, 12 oz brown sugar, and 8 oz chopped nuts. Pour 4 lb 3 oz in each 12 × 18-inch baking pan. Pour cake batter over mixture. Apricots or peaches may be substituted for pineapple.
- **Praline Cake.** Substitute chopped pecans for coconut in Lazy Daisy Cake.

APPLESAUCE CAKE

Yield: 60 portions or 2 pans 12 × 18 × 2 inches *Portion:* 2½ × 3 inches
Oven: 350°F *Bake:* 40–45 minutes

Ingredient	*Amount*	*Procedure*
Shortening, hydrogenated Sugar, granulated	1 lb 1 lb 14 oz	Cream shortening and sugar on medium speed for 10 minutes, using flat beater.
Eggs	8 (14 oz)	Add eggs to creamed mixture. Mix on medium speed for 5 minutes.
Flour, cake Baking powder Salt Baking soda Cinnamon, ground Cloves, ground Nutmeg, ground	1 lb 12 oz 2½ Tbsp 1¾ tsp ½ tsp 2½ tsp 1 tsp 1 tsp	Combine dry ingredients.
Water	2½ cups	Add dry ingredients alternately with water on low speed to creamed mixture, ending with dry ingredients.
Applesauce Raisins Nuts, chopped	2½ cups 1 lb 4 oz 10 oz	Add remaining ingredients. Mix on low speed only to blend.
		Scale batter into two greased 12 × 18 × 2-inch baking pans, 5 lb per pan. Bake at 350°F for 40–45 minutes. Cool and ice. See Notes for suggested icings. Cut 5 × 6.

Approximate nutritive values per portion **Calories** 245

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	17%	**Cholest.** 28 mg	9%	**Total Carb.** 35 g	12%	**Vitamin A**	1%	**Calcium**	4%
Sat. Fat 2 g	12%	**Sodium** 120 mg	5%	Fiber 1 g	4%	**Vitamin C**	0%	**Iron**	8%
Protein 3 g				Sugars 22 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- May be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions.
- This cake is too tender to bake in layers.
- Suggested icings: Ice Cream Icing (p. 190) or Cream Cheese Icing (p. 192).

BANANA CAKE

Yield: 48 portions or 3 2-layer cakes (9 inch) *Portion:* 16 slices per cake
Oven: 350°F *Bake:* 25–30 minutes

Ingredient	Amount	Procedure
Shortening, hydrogenated Sugar, granulated Vanilla	1 lb 2 lb 1 Tbsp	Cream shortening, sugar, and vanilla on medium speed for 10 minutes, using flat beater.
Eggs Bananas, mashed	8 (14 oz) 2 lb (4 cups)	Add eggs to creamed mixture and mix on medium speed for 3 minutes, then add bananas and mix for an additional 2 minutes.
Flour, cake Salt Baking powder Baking soda	2 lb 1¼ tsp 3⅓ Tbsp 2 tsp	Combine dry ingredients.
Buttermilk	1 cup	Add dry ingredients alternately with buttermilk on low speed. Mix on medium speed 2–3 minutes.
		Scale batter into six greased 9-inch layer cake pans, 1 lb 6 oz per pan. Bake at 350°F for 25–30 minutes. Cool. Remove from pans and ice. See Notes for suggested icings.

Approximate nutritive values per portion **Calories** 254

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	16%	**Cholest.** 35 mg	12%	**Total Carb.** 39 g	13%	**Vitamin A**	1%	**Calcium**	5%
Sat. Fat 3 g	14%	**Sodium** 185 mg	8%	Fiber 1 g	3%	**Vitamin C**	2%	**Iron**	8%
Protein 3 g				Sugars 22 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- May be baked in two 12 × 18 × 2-inch pans, scaled 4 lb 3 oz per pan. Cut 5 × 6 for 30 portions per pan.
- For sheet cake, bake in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions. Suggested icings: Creamy Icing (p. 192) or Cream Cheese Icing (p. 192).

BURNT SUGAR CAKE

Yield: 60 portions or 2 pans 12 × 18 × 2 inches *Portion:* 2½ × 3 inches
Oven: 375°F *Bake:* 35–40 minutes

Ingredient	*Amount*	*Procedure*
Sugar, granulated Shortening, hydrogenated	2 lb 11 oz 1 lb	Cream shortening and sugar on medium speed for 10 minutes, using flat beater.
Egg yolks	8 (5 oz)	Add egg yolks to creamed mixture and mix on medium speed for 5 minutes.
Milk Water Burnt sugar syrup (see Notes) Vanilla	2 cups 2 cups ⅔ cup 4 tsp	Combine liquids.
Flour, cake Baking powder Salt	2 lb 2 oz 2⅔ Tbsp 1¼ tsp	Combine dry ingredients. On low speed, add to creamed mixture alternately with liquids. Scrape sides of bowl. Mix 2 minutes.
Egg whites	8 (9 oz)	Beat egg whites until they form soft peaks. Fold into batter on low speed.
		Scale batter into two greased 12 × 18 × 2-inch baking pans, 4 lb 8 oz per pan. Bake at 375°F for 35–40 minutes. Cool and ice. See Notes for suggested icings. Cut 5 × 6.

Approximate nutritive values per portion **Calories** 232

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	**13%**	**Cholest.** 31 mg	**10%**	**Total Carb.** 36 g	**12%**	**Vitamin A**	**4%**	**Calcium**	**4%**
Sat. Fat 2 g	**12%**	**Sodium** 98 mg	**4%**	Fiber 0.4 g	**2%**	**Vitamin C**	**0%**	**Iron**	**7%**
Protein 2 g				Sugars 22 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- **Burnt Sugar Syrup.** Place ⅓ cup granulated sugar in pan and melt slowly, stirring constantly. Cook until light brown (caramelized), being careful not to scorch. Add ⅓ cup boiling water. Cook slowly until a syrup is formed. For larger amounts, use 1 lb sugar and 2 cups boiling water.
- May be baked in one 18 × 26 × 2-inch pan cut 6 × 10; or in eight 9-inch layers, scaled 1 lb 2 oz per pan.
- Suggested icings: Burnt Butter Icing (p. 189), Creamy Icing (p. 192), Cream Cheese Icing (p. 192), or Ice Cream Icing (p. 190).

CHOCOLATE CAKE

Yield: 60 portions or 2 pans 12 × 18 × 2 inches *Portion:* 2½ × 3 inches
Oven: 350°F *Bake:* 25–30 minutes

Ingredient	*Amount*	*Procedure*
Flour, cake Cocoa Sugar, granulated Nonfat dry milk Salt Baking powder Baking soda	1 lb 8 oz 5 oz 2 lb 5 oz 2½ oz 1 Tbsp 1 oz 3½ tsp	Combine dry ingredients in mixer bowl. Mix on low speed for 1 minute, using flat beater.
Water Shortening	1½ cups 1 lb	Add to dry ingredients. Mix on low speed for 1 minute. Mix on medium speed for 3 minutes. Scrape sides of bowl and beater.
Water	1½ cups	Add and mix on low speed for 1 minute. Mix on medium speed for 2 minutes.
Eggs Water Vanilla	10 (1 lb 2 oz) 1 cup ¼ cup	Blend in eggs. Mix on low speed for 2 minutes.
		Scale batter into two greased 12 × 18 × 2-inch baking pans, 4 lb 2 oz per pan. Bake at 350°F for 25–30 minutes. Cool and ice. See Notes for suggested icings. Cut 5 × 6.

Approximate nutritive values per portion **Calories** 200

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 9 g Sat. Fat 2 g **Protein** 3 g	**13%** **11%**	**Cholest.** 36 mg **Sodium** 247 mg	**12%** **10%**	**Total Carb.** 29 g Fiber 0.3 g Sugars 18 g	**10%** **1%**	**Vitamin A** **Vitamin C**	**2%** **0%**	**Calcium** **Iron**	**5%** **9%**

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Cake may be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 servings.
- Suggested icings: Chocolate Butter Cream Icing (p. 191), Mocha Icing (p. 194), or Ice Cream Icing (p. 190).

FUDGE CAKE

Yield: 48 portions or 3 2-layer cakes (9 inch) *Portion:* 16 slices per cake
Oven: 350°F *Bake:* 25–30 minutes

Ingredient	*Amount*	*Procedure*
Shortening, hydrogenated Sugar, granulated Vanilla	12 oz 2 lb 1 Tbsp	Cream shortening, sugar, and vanilla on medium speed for 10 minutes, using flat beater.
Eggs	6 (10 oz)	Add eggs and mix on medium speed for 5 minutes.
Cocoa Water, hot	5 oz 1½ cups	Mix cocoa and hot water.
Flour, cake Salt Baking soda	1 lb 12 oz 1 tsp 1½ Tbsp	Combine flour, salt, and soda.
Buttermilk	3 cups	Add dry ingredients alternately with buttermilk and cocoa to creamed mixture on low speed. Scrape sides of bowl and beater. Continue mixing until smooth and ingredients are mixed.
		Scale batter into six greased 9-inch layer cake pans, 1 lb 4 oz per pan. Bake at 350°F for 25–30 minutes. Cool. Remove from pans and ice. See Notes.

Approximate nutritive values per portion **Calories** 217

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	13%	**Cholest.** 26 mg	9%	**Total Carb.** 34 g	11%	**Vitamin A**	1%	**Calcium**	2%
Sat. Fat 2 g	11%	**Sodium** 189 mg	8%	Fiber 0.4 g	2%	**Vitamin C**	0%	**Iron**	12%
Protein 3 g				Sugars 19 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- For 12 × 18-inch layer cake, scale into two 12 × 18 × 2-inch or two 13 × 18 × 1-inch pans, 3 lb 13 oz per pan. When baked and cooled, ice one cake, then remove cake from pan and place on top (see Figure 5.1). Ice top and sides.
- Suggested icings: Chocolate Butter Cream Icing (p. 191), Ice Cream Icing (p. 190), or Mocha Icing (p. 194).

Variations

- **Chocolate Cupcakes.** Portion with No. 20 dipper into muffin pans or paper liners. Yield: 5 dozen.
- **Chocolate Sheet Cake.** Bake in one 18 × 26 × 2-inch baking pan. Cut 6 × 10 for 60 portions.

GERMAN SWEET CHOCOLATE CAKE

Yield: 60 portions or 2 pans 12 × 18 × 2 inches *Portion:* 2½ × 3 inches
Oven: 350°F *Bake:* 40–45 minutes

Ingredient	Amount	Procedure
German sweet chocolate Water, boiling Vanilla	10 oz 1¼ cups 2½ tsp	Melt chocolate in water. Cool. Add vanilla. Set aside.
Shortening, hydrogenated Sugar, granulated	1 lb 4 oz 2 lb 8 oz	Cream shortening and sugar on medium speed for 10 minutes, using flat beater.
Egg yolks	10 (6 oz)	Add egg yolks one at a time. Beat well after each addition. Add chocolate mixture and blend.
Flour, cake Salt Baking soda	1 lb 9 oz 1¼ tsp 2½ tsp	Combine flour, salt, and soda.
Buttermilk	2½ cups	Add dry ingredients alternately with buttermilk to creamed mixture. Mix on low speed until smooth. Scrape sides of bowl.
Egg whites	10 (11 oz)	Beat egg whites until stiff peaks form. Fold into batter on low speed. Do not overmix. Scale batter into two greased 12 × 18 × 2-inch baking pans, 4 lb 7 oz per pan. Bake at 350°F for 40–45 minutes.
Coconut Pecan Icing (p. 191)	2 qt	When cool, ice with Coconut Pecan Icing. Cut 5 × 6.

Approximate nutritive values per portion **Calories** 378

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 22 g	**34%**	**Cholest.** 63 mg	**21%**	**Total Carb.** 43 g	**14%**	**Vitamin A**	**10%**	**Calcium**	**4%**
Sat. Fat 7 g	**34%**	**Sodium** 165 mg	**7%**	Fiber 1 g	**5%**	**Vitamin C**	**0%**	**Iron**	**7%**
Protein 4 g				Sugars 31 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- May be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions.
- For four 2-layer cakes, scale into eight 9-inch layer cake pans, 1 lb 1 oz per pan. Cut 16 slices per cake for 64 portions.

PEANUT BUTTER CAKE

Yield: 60 portions or 1 pan 18 × 26 × 2 inches *Portion:* 2½ × 3 inches
Oven: 350°F *Bake:* 30–35 minutes

Ingredient	*Amount*	*Procedure*
Margarine Peanut butter, creamy Sugar, granulated	9 oz 12 oz 2 lb 2 oz	Cream margarine, peanut butter, and sugar for 15 minutes, using flat beater. Scrape bottom and sides of bowl after each 5 minutes.
Eggs Vanilla	8 oz (5) 2 Tbsp	Add to creamed mixture.
Flour, all-purpose Baking powder Baking soda	1 lb 12 oz ½ oz (3½ tsp) 1 oz (2⅓ Tbsp)	Combine flour, baking powder, and salt.
Buttermilk	4⅔ cups	Add dry ingredients and buttermilk alternately to creamed mixture. Scrape bottom and sides of bowl after each addition.
		Scale 8 lb batter into one 18 × 26 × 2-inch baking pan. Bake at 350°F for 30–35 minutes or until cake springs back when lightly depressed in the center.
Peanut Butter Icing (p. 193)	2 qt	Ice with Peanut Butter Icing.

Approximate nutritive values per portion **Calories** 333

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 13 g	**20%**	**Cholest.** 17 mg	**6%**	**Total Carb.** 52 g	**17%**	**Vitamin A**	**2%**	**Calcium**	**4%**
Sat. Fat 3 g	**14%**	**Sodium** 257 mg	**11%**	Fiber 1 g	**3%**	**Vitamin C**	**0%**	**Iron**	**4%**
Protein 4 g				Sugars 38 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- ½ oz (1 Tbsp) caramel food color may be added for a darker color.
- May be baked in two 12 × 18 × 2-inch pans. Scale 4 lb batter per pan.

PINEAPPLE CASHEW CAKE

Yield: 40 portions or 3 2-layer cakes (9 inch) *Portion:* 16 slices per cake
Oven: 350°F *Bake:* 25–30 minutes

Ingredient	*Amount*	*Procedure*
Margarine or butter Sugar, granulated Vanilla	1 lb 2 oz 1 lb 14 oz 1 Tbsp	Cream margarine, sugar, and vanilla on medium speed for 10 minutes, using flat beater.
Egg yolks	10 (6 oz)	Add egg yolks in three portions, while creaming. Mix 2 minutes.
Flour, cake Baking powder Salt	1 lb 14 oz 1½ oz 1½ tsp	Combine flour, baking powder, and salt.
Milk	2¼ cups	Add dry ingredients alternately with milk on low speed to creamed mixture.
Crushed pineapple, drained	1 lb	Add pineapple to batter. Mix on low speed only to blend.
Egg whites	10 (11 oz)	Beat egg whites on high speed until stiff but not dry. Fold into batter on low speed. Scale batter into six greased 9-inch layer cake pans, 1 lb 5 oz per pan. Bake at 350°F for 25–30 minutes.
Pineapple Icing (p. 194) Cashew nuts, toasted, coarsely chopped	2 qt 8 oz	When cool, remove cake from pans. Cover with icing and sprinkle with toasted cashews.

Approximate nutritive values per portion **Calories** 517

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 24 g	**37%**	**Cholest.** 56 mg	**19%**	**Total Carb.** 73 g	**24%**	**Vitamin A**	**16%**	**Calcium**	**10%**
Sat. Fat 5 g	**25%**	**Sodium** 450 mg	**19%**	Fiber 1 g	**4%**	**Vitamin C**	**4%**	**Iron**	**12%**
Protein 5 g				Sugars 52 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- May be baked in one 18 × 26 × 2-inch pan, cut 6 × 10 for 60 portions; or in two 12 × 18 × 2-inch pans, scaled 4 lb per pan, and cut 5 × 6 for 30 portions per pan.

FRUITCAKE

Yield: 64 portions or 4 loaves 5 × 9 inches *Portion:* ½-inch slice
Oven: 300°F *Bake:* 2½ hours

Ingredient	*Amount*	*Procedure*
Shortening, hydrogenated Sugar, granulated	8 oz 1 lb	Cream shortening and sugar on medium speed for 10 minutes, using flat beater.
Eggs	4 (7 oz)	Add eggs to creamed mixture. Mix 5 minutes.
Jelly Cinnamon, ground Cloves, ground Raisins Currants Dates, chopped Nuts Flour, cake	8 oz 2 tsp 2 tsp 2 lb 1 lb 1 lb 8 oz 1 lb 4 oz	Add ingredients in order listed. Mix on low speed only until fruit is coated with flour mixture.
Baking soda Coffee, brewed, cold	2 tsp 1½ cups	Dissolve soda in cold coffee. Add to other ingredients and mix until blended.
		Scale batter into four loaf pans (5 × 9 × 2¾ inches) lined with two layers of heavy waxed paper, 2 lb 3 oz per pan. Bake at 300°F for 2½ hours. Cut 16 slices per cake.

Approximate nutritive values per portion **Calories** 193

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	9%	**Cholest.** 13 mg	4%	**Total Carb.** 35 g	12%	**Vitamin A**	0%	**Calcium**	2%
Sat. Fat 1 g	6%	**Sodium** 47 mg	2%	Fiber 2 g	9%	**Vitamin C**	5%	**Iron**	7%
Protein 3 g				Sugars 24 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- May be steamed for 4 hours.
- Store in a container with a tight cover. Most fruitcakes mellow in flavor if kept about 2 weeks before using.

GINGERBREAD

Yield: 60 portions or 2 pans 12 × 18 × 2 inches *Portion:* 2½ × 3 inches
Oven: 350°F *Bake:* 40 minutes

Ingredient	Amount	Procedure
Shortening, hydrogenated Sugar, granulated	14 oz 14 oz	Cream shortening and sugar on medium speed for 10 minutes, using flat beater.
Molasses	3½ cups	Add molasses and mix on low speed until blended.
Flour, cake Baking soda Salt Cinnamon, ground Cloves, ground Ginger, ground	2 lb 4 oz 2 Tbsp 1½ tsp 1 Tbsp 1 Tbsp 1 Tbsp	Combine dry ingredients.
Water, hot	3¾ cups	Add dry ingredients alternately with water to creamed mixture.
Eggs, beaten	7 (12 oz)	Add eggs and mix on low speed 2 minutes. Scale batter into two greased 12 × 18 × 2-inch baking pans, 4 lb 3 oz per pan. Bake at 350°F for 40 minutes. Sprinkle with powdered sugar and serve warm or serve with Lemon Sauce (p. 586). Cut 5 × 6.

Approximate nutritive values per portion **Calories** 202

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	11%	**Cholest.** 24 mg	8%	**Total Carb.** 32 g	11%	**Vitamin A**	1%	**Calcium**	3%
Sat. Fat 2 g	9%	**Sodium** 190 mg	8%	Fiber 0.4 g	2%	**Vitamin C**	0%	**Iron**	12%
Protein 2 g				Sugars 18 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- May be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions.

Variations

- **Almond Meringue Gingerbread.** Cover baked Gingerbread with Meringue for pies (p. 227). Sprinkle with slivered or chopped almonds and brown in 375°F oven.
- **Ginger Muffins.** Measure into greased muffin pans with No. 20 dipper. Yield: 7 dozen.
- **Praline Gingerbread.** Combine 1 lb melted margarine or butter, 2 lb brown sugar, 2 lb chopped pecans, and 1½–2 cups cream. Spread 2 lb 12 oz mixture over each pan. Brown under broiler, or return to oven and heat until topping is slightly browned.

POUND CAKE

Yield: 48 portions or 2 cakes (10-inch tube pans) *Portion:* 24 slices per cake
Oven: 325°F *Bake:* 1 hour 15 minutes

Ingredient	*Amount*	*Procedure*
Flour, cake Sugar, granulated Salt Baking powder	1 lb 10 oz 2 lb 1 Tbsp ½ tsp	Combine dry ingredients in mixer bowl. Blend on low speed for 1 minute, using flat beater.
Eggs	10 (1 lb 2 oz)	Add eggs to dry ingredients. Mix until ingredients are mixed evenly and lumps disappear. Batter will be stiff.
Shortening Milk	1 lb 2 oz ¼ cup	Add shortening and milk to mixture in bowl. Cream on medium speed until very light, about 10 minutes.
Milk Almond extract Vanilla	1½ cups 1½ tsp 1½ tsp	Add milk and extracts slowly. Mix on low speed for 2–3 minutes or just until blended.
		Scale batter into two greased 10-inch tube pans, 3 lb 6 oz per pan. Bake at 325°F for 1 hour 15 minutes to 1 hour 25 minutes, or until cake tests done. Drop bottom of cake pans onto counter from a distance of 2–3 inches as cakes are removed from oven to produce a compact texture. Cool. Remove from pans. Cut into 24 slices.

Approximate nutritive values per portion **Calories** 245

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	**19%**	**Cholest.** 46 mg	**16%**	**Total Carb.** 32 g	**11%**	**Vitamin A**	**2%**	**Calcium**	**2%**
Sat. Fat 3 g	**16%**	**Sodium** 155 mg	**6%**	Fiber 0.4 g	**1%**	**Vitamin C**	**0%**	**Iron**	**7%**
Protein 3 g				Sugars 19 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- May be baked in four loaf pans (5 × 9 × 2¾ inches), 1 lb 10 oz batter per pan. Cut in 12 slices.

PUMPKIN CAKE

Yield: 48 portions or 3 cakes (10-inch tube pans) *Portion:* 16 slices per cake
Oven: 350°F *Bake:* 60–70 minutes

Ingredient	*Amount*	*Procedure*
Eggs	12 (1 lb 4 oz)	Beat eggs on medium speed until blended.
Sugar, granulated	2 lb 10 oz	Add sugar to eggs gradually, beating on high speed until thick and lemon colored.
Vegetable oil	1 qt	Add oil very slowly on low speed.
Flour, all-purpose Baking powder Baking soda Salt Cinnamon, ground	2 lb 10 oz 2 Tbsp 2 Tbsp 1 Tbsp 3 Tbsp	Combine dry ingredients in a separate bowl.
Pumpkin, canned	3 lb	On low speed, add pumpkin alternately with dry ingredients, beginning and ending with dry ingredients.
		Scale batter into three ungreased 10-inch tube pans, 3 lb 12 oz per pan. Bake at 350°F for 60–70 minutes. When cool, remove from pans and drizzle with Powdered Sugar Glaze (p. 196).

Approximate nutritive values per portion **Calories** 377

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	**30%**	**Cholest.** 53 mg	**18%**	**Total Carb.** 47 g	**16%**	**Vitamin A**	**64%**	**Calcium**	**5%**
Sat. Fat 3 g	**14%**	**Sodium** 220 mg	**9%**	Fiber 2 g	**6%**	**Vitamin C**	**2%**	**Iron**	**9%**
Protein 4 g				Sugars 24 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

CHOCOLATE ROLL

Yield: 48 portions or 4 pans 12 × 18 × 2 inches *Portion:* 1-inch slice
Oven: 325°F *Bake:* 20 minutes

Ingredient	*Amount*	*Procedure*
Egg yolks	24 (14 oz)	Beat egg yolks on high speed, using flat beater.
Sugar, granulated	2 lb 4 oz	Add sugar and continue beating until mixture is lemon colored, thick, and fluffy.
Unsweetened chocolate, melted Vanilla	12 oz 2 Tbsp	Add chocolate and vanilla. Blend on low speed.
Flour, cake Baking powder Salt	9 oz 1 Tbsp 1½ tsp	Combine flour, baking powder, and salt. Add to creamed mixture on low speed.
Egg whites	24 (1 lb 11 oz)	Beat egg whites on high speed until they form rounded peaks. Fold into cake mixture on low speed. Scale batter, 1 lb 7 oz per pan, into four greased 12 × 18 × 2-inch pans lined with baking liners. Bake at 325°F for 20 minutes.
		When baked, remove from pans and quickly remove baking liner. Trim edges if hard. Roll (Figure 5.3) and let stand a few minutes. Unroll and spread with one of the fillings suggested (see Note). Roll up securely. Cover with a thin layer of Chocolate Icing (p. 190).

Approximate nutritive values per portion **Calories** 159

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 5 g	**7%**	**Cholest.** 35 mg	**12%**	**Total Carb.** 28 g	**9%**	**Vitamin A**	**1%**	**Calcium**	**2%**
Sat. Fat 2 g	**9%**	**Sodium** 122 mg	**5%**	Fiber 0.6 g	**2%**	**Vitamin C**	**0%**	**Iron**	**5%**
Protein 4 g				Sugars 22 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- Suggested fillings: Custard Filling (p. 198) or whipped cream, plain or flavored with peppermint.

Variation
- **Ice Cream Roll.** Spread with a thick layer of softened vanilla ice cream. Roll up securely and wrap in waxed paper. Place in freezer for several hours before serving.

JELLY ROLL

Yield: 48 portions or 4 pans 12 × 18 × 2 inches *Portion:* 1-inch slice
Oven: 375°F *Bake:* 12 minutes

Ingredient	*Amount*	*Procedure*
Eggs	27 (3 lb)	Beat eggs on high speed for 1–2 minutes, using flat beater.
Sugar, granulated Vanilla	3 lb 1 Tbsp	Add sugar and vanilla to eggs. Beat 10–15 minutes.
Flour, cake Cream of tartar Baking powder Salt	1 lb 8 oz 2 Tbsp 2 Tbsp 2 tsp	Mix dry ingredients. Fold on low speed into egg-sugar mixture.
		Scale batter, 1 lb 14 oz per pan, into four greased 12 × 18 × 2-inch baking pans lined with baking liners. Bake at 375°F for 12 minutes.
		When baked, turn onto a cloth or heavy paper covered with powdered sugar (Figure 5.3). Quickly remove baking liners and trim edges if hard. Immediately roll cakes tightly.
Jelly or Custard Filling (p. 198)	1 qt	When cooled but not cold, unroll, spread with jelly or Custard Filling, 1 cup per roll. Roll firmly and wrap with waxed paper.
Sugar, powdered	1 lb	Sprinkle top of each roll with 4 oz powdered sugar. Slice each roll into 12 portions.

Approximate nutritive values per portion **Calories** 311

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 3 g	**5%**	**Cholest.** 121 mg	**40%**	**Total Carb.** 67 g	**22%**	**Vitamin A**	**5%**	**Calcium**	**4%**
Sat. Fat 1 g	**5%**	**Sodium** 170 mg	**7%**	Fiber 0.3 g	**1%**	**Vitamin C**	**2%**	**Iron**	**10%**
Protein 5 g				Sugars 49 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- May be baked in two 18 × 26 × 1-inch pans, scaled 3 lb 12 oz per pan.

Variation
- **Apricot Roll.** Cover cakes with Apricot Filling (p. 197) and roll. Cover outside with sweetened whipped cream or whipped topping and toasted coconut.

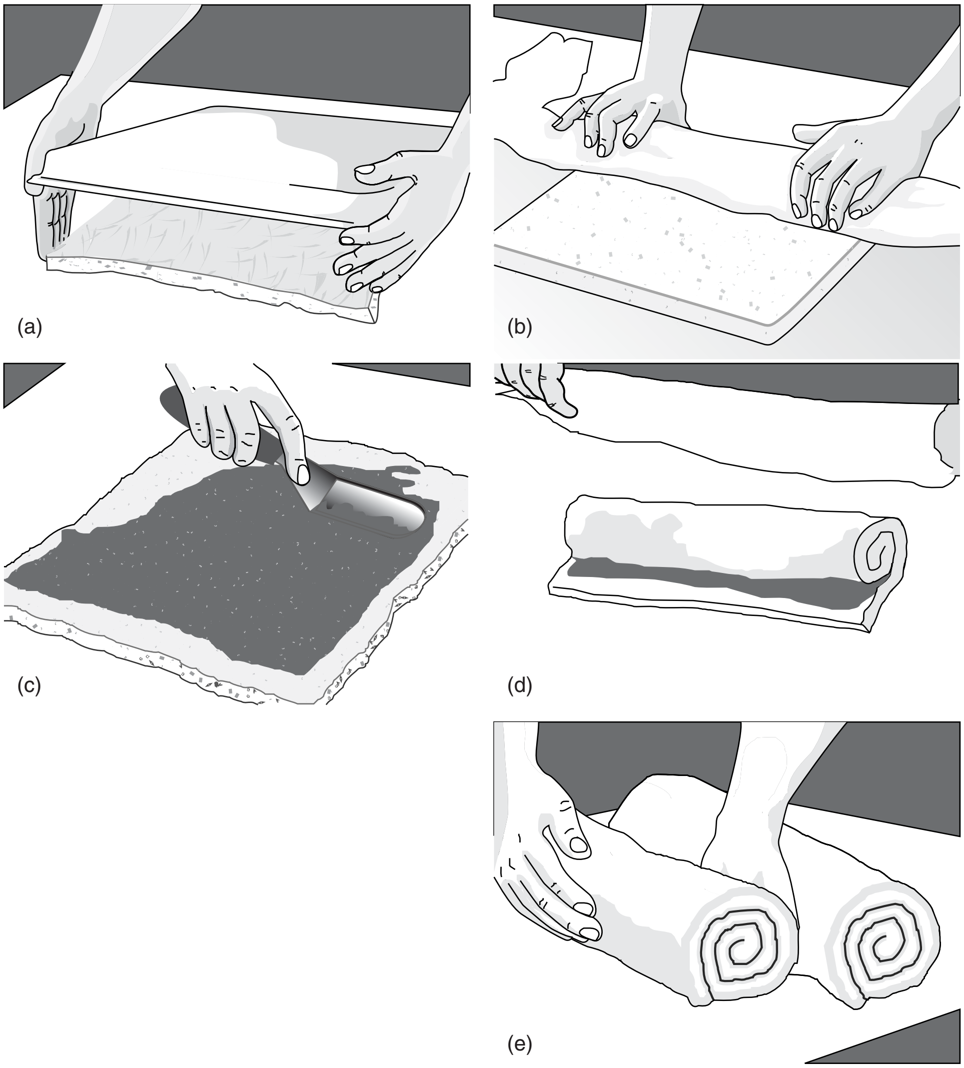


FIGURE 5.3 Rolling and filling a jelly roll. (a) Turn baked cake onto a cloth sprinkled with powdered sugar. Remove waxed or parchment paper. (b) While still warm, roll tightly. (c) When cooled but not cold, unroll and spread with filling. (d) Roll firmly. (e) Sprinkle finished jelly roll with powdered sugar.

PUMPKIN CAKE ROLL

Yield: 50 portions or 2 rolls *Portion:* 25 slices per roll
Oven: 375°F *Bake:* 15 minutes

Ingredient	*Amount*	*Procedure*
Eggs	18 (2 lb)	Whip eggs on high speed until thick and lemon colored, using flat beater.
Sugar, granulated	2 lb 13 oz	Add sugar gradually while mixing on medium speed.
Pumpkin, canned Lemon juice	2 lb 3 oz 2 Tbsp	Add pumpkin and lemon juice to egg mixture, mixing until blended.
Flour, all-purpose Baking powder Salt Cinnamon, ground Ginger, ground Nutmeg, ground	1 lb 2 oz 1 oz 1 Tbsp 1 oz 4 tsp 1 Tbsp	Combine dry ingredients in a bowl. Fold into pumpkin mixture. Scale batter, 4 lb per pan, into two greased 28 × 26 × 1-inch baking pans lined with baking liners. Bake at 375°F for 15 minutes or until cake tests done.
Sugar, powdered	6 oz	Sift powdered sugar generously onto a large white cloth. Loosen edges of cake and turn onto cloth. Remove paper (Figure 5.3). Roll cake and cloth up jelly-roll fashion. Cool.
Cream cheese, softened Margarine	2 lb 10 oz	Beat cream cheese and margarine until creamy, using flat beater.
Sugar, powdered Vanilla	1 lb 6 oz 1 Tbsp	Add sugar and vanilla to cream cheese mixture. Beat until smooth and creamy. Unroll cooled cake. Spread cream cheese filling over unrolled cakes, 2 lb per cake. Reroll cake.
Nuts, chopped	2 cups	Garnish with 1 cup nuts sprinkled over each roll. Chill. Cut each roll into 25 portions.

Approximate nutritive values per portion **Calories** 370

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 16 g	24%	**Cholest.** 97 mg	32%	**Total Carb.** 53 g	18%	**Vitamin A**	56%	**Calcium**	9%
Sat. Fat 6 g	29%	**Sodium** 318 mg	13%	Fiber 1 g	5%	**Vitamin C**	1%	**Iron**	9%
Protein 6 g				Sugars 40 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note • If needed, sift additional powdered sugar over top of rolled cake.

ICING RECIPES

BOILED ICING

Yield: 2 qt

Ingredient	*Amount*	*Procedure*
Sugar, granulated Water, hot	2 lb 1¼ cups	Combine sugar and water. Stir until sugar is dissolved. Boil without stirring to soft ball stage (238°F).
Egg whites	4 (4 oz)	Beat egg whites on high speed until stiff but not dry, using wire whip attachment. Gradually pour syrup over egg whites while beating. Continue beating until icing is of consistency to spread.
Vanilla	1 Tbsp	Add vanilla. Spread on cake at once.

Approximate nutritive values per cup — **Calories** 451

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 114 g	**38%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 0 g	**0%**	**Sodium** 26 mg	**1%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**0%**
Protein 1 g				Sugars 110 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variation • See variations of Ice Cream Icing (p. 190).

BURNT BUTTER ICING

Yield: 1¼ qt

Ingredient	*Amount*	*Procedure*
Butter or margarine	9 oz	Heat butter in sauce pan until golden brown.
Sugar, powdered, sifted	1 lb 8 oz	Add sugar to butter and blend.
Vanilla Water, hot	1 Tbsp ½ cup	Add vanilla and water. Beat until of spreading consistency. Add more water if necessary.

Approximate nutritive values per cup — **Calories** 899

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 41 g	**63%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 137 g	**46%**	**Vitamin A**	**15%**	**Calcium**	**1%**
Sat. Fat 8 g	**40%**	**Sodium** 483 mg	**20%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**0%**
Protein 1 g				Sugars 127 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note • This amount will ice 8 dozen 1½-inch cookies. If used for cake, increase by one-fourth.

ICE CREAM ICING

Yield: 2½ qt

Ingredient	*Amount*	*Procedure*
Sugar, granulated Water, hot	1 lb 8 oz 1 cup	Combine sugar and water. Boil without stirring to soft ball stage (238°F).
Pasteurized egg whites	9 (10 oz)	Beat egg whites until frothy, using wire whip attachment.
Sugar, powdered, sifted	3 oz	Add powdered sugar to egg whites and beat on high speed to consistency of meringue. Add hot syrup slowly and continue beating until mixture is thick and creamy.
Sugar, powdered, sifted Vanilla	8 oz 1 Tbsp	Add powdered sugar and vanilla. Beat until smooth. Add more sugar if necessary to make icing hold its shape when spread.

Approximate nutritive values per cup — **Calories** 402

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 100 g	**33%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 0 g	**0%**	**Sodium** 49 mg	**2%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**0%**
Protein 3 g				Sugars 95 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- This icing may be kept 2–3 days in a covered container in the refrigerator.

Variations

- **Bittersweet Icing.** Melt 8 oz unsweetened chocolate over hot water. Gradually stir in 1½ oz margarine or butter. When slightly cool, pour over white icing to form a design.
- **Candied Fruit Icing.** Add 8 oz chopped candied fruit.
- **Chocolate Icing.** Add 8 oz melted chocolate.
- **Coconut Icing.** Frost cake. Sprinkle with 4 oz dry shredded coconut.
- **Maple Nut Icing.** Delete vanilla. Flavor with 1½ tsp maple flavoring. Add 6 oz chopped nuts.
- **Maraschino Cherry Icing.** Delete vanilla. Add ½ tsp almond extract and 8 oz chopped maraschino cherries.
- **Peppermint Icing.** Add 8 oz finely crushed peppermint candy.

CHOCOLATE BUTTER CREAM ICING

Yield: 2 qt

Ingredient	*Amount*	*Procedure*
Margarine or butter	1 lb 8 oz	Cream margarine on medium speed until fluffy.
Evaporated milk	½ cup	Add milk and blend.
Sugar, powdered, sifted	1 lb 8 oz	Add sugar gradually. Mix on medium speed until smooth.
Unsweetened chocolate, melted Vanilla	6 oz 1 tsp	Add chocolate and vanilla. Beat on high speed until light and fluffy.

Approximate nutritive values per cup — **Calories** 1067

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 81 g	**124%**	**Cholest.** 5 mg	**2%**	**Total Carb.** 94 g	**31%**	**Vitamin A**	**26%**	**Calcium**	**8%**
Sat. Fat 19 g	**93%**	**Sodium** 821 mg	**34%**	Fiber 1 g	**6%**	**Vitamin C**	**0%**	**Iron**	**9%**
Protein 4 g				Sugars 82 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Milk may be substituted for evaporated milk.

COCONUT PECAN ICING

Yield: 2 qt

Ingredient	*Amount*	*Procedure*
Evaporated milk Egg yolks, beaten Sugar, granulated Margarine	2 cups 6 (4 oz) 1 lb 8 oz	Combine milk, egg yolks, sugar, and margarine. Cook in steam-jacketed kettle or over hot water until thickened.
Pecans, finely chopped Coconut, flaked Vanilla	12 oz 12 oz 2 tsp	Add pecans, coconut, and vanilla. Cool, then beat well until thick enough to spread.

Approximate nutritive values per cup — **Calories** 1033

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 74 g	**114%**	**Cholest.** 200 mg	**67%**	**Total Carb.** 89 g	**30%**	**Vitamin A**	**40%**	**Calcium**	**21%**
Sat. Fat 23 g	**115%**	**Sodium** 350 mg	**15%**	Fiber 5 g	**21%**	**Vitamin C**	**3%**	**Iron**	**13%**
Protein 12 g				Sugars 71 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

CREAM CHEESE ICING

Yield: 1¾ qt

Ingredient	*Amount*	*Procedure*
Cream cheese, softened Margarine, softened Milk	12 oz 2 oz ¼ cup	Blend cream cheese, margarine, and milk on medium speed until smooth.
Sugar, powdered, sifted Vanilla	2 lb 12 oz 1 Tbsp	Add sugar gradually to cheese-margarine mixture. Add vanilla and beat until smooth and of spreading consistency.

Approximate nutritive values per cup — **Calories** 927

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 24 g	37%	**Cholest.** 55 mg	18%	**Total Carb.** 181 g	60%	**Vitamin A**	23%	**Calcium**	5%
Sat. Fat 12 g	61%	**Sodium** 228 mg	10%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	4%
Protein 4 g				Sugars 167 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variation

- **Orange Cheese Icing.** Substitute 1 Tbsp orange juice and 1 Tbsp grated orange peel for vanilla.

CREAMY ICING

Yield: 1½ qt

Ingredient	*Amount*	*Procedure*
Margarine	12 oz	Cream margarine on medium speed for 1 minute or until soft.
Evaporated milk Vanilla	½ cup 1 Tbsp	Add milk and vanilla. Mix until blended.
Sugar, powdered, sifted	2 lb	Add sugar gradually. Whip on medium speed until mixture is smooth and creamy.

Approximate nutritive values per cup — **Calories** 1024

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 47 g	73%	**Cholest.** 6 mg	2%	**Total Carb.** 155 g	52%	**Vitamin A**	18%	**Calcium**	7%
Sat. Fat 10 g	50%	**Sodium** 558 mg	23%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	1%
Protein 2 g				Sugars 141 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Milk or cream may be substituted for evaporated milk.

Variations

- **Cocoa Icing.** Increase liquid to 1¼ cups. Add 6 oz cocoa sifted with the sugar.
- **Lemon Butter Icing.** Substitute ¼ cup lemon juice for an equal amount of milk, and 1½ Tbsp fresh grated lemon peel for the vanilla.
- **Orange Butter Icing.** Substitute ½ cup orange juice for an equal amount of milk, and 1 Tbsp fresh grated orange peel for the vanilla.

ORANGE ICING

Yield: 1½ qt

Ingredient	*Amount*	*Procedure*
Margarine	8 oz	Cream margarine until fluffy.
Sugar, powdered, sifted	2 lb 8 oz	Add sugar gradually on medium speed. Mix until creamy.
Vanilla Salt Orange juice Lemon juice Orange peel, grated	2 Tbsp ½ tsp ¼ cup ¼ cup 1 tsp	Add remaining ingredients. Blend until smooth.

Approximate nutritive values per cup **Calories** 1020

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 30 g	**47%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 193 g	**64%**	**Vitamin A**	**11%**	**Calcium**	**1%**
Sat. Fat 6 g	**30%**	**Sodium** 538 mg	**22%**	Fiber 0 g	**0%**	**Vitamin C**	**11%**	**Iron**	**1%**
Protein 0 g				Sugars 177 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

PEANUT BUTTER ICING

Yield: 2 qt

Ingredient	*Amount*	*Procedure*
Sugar, powdered, sifted Margarine	3 lb 10 oz	Cream powdered sugar and shortening for 5 minutes.
Peanut butter, creamy Water, warm Vanilla	5 oz ¾ cup 1 Tbsp	Add to creamed mixture. Cream until fluffy. Spread on Peanut Butter Cake (p. 179).

Approximate nutritive values per cup **Calories** 1018

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 38 g	**58%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 174 g	**58%**	**Vitamin A**	**35%**	**Calcium**	**1%**
Sat. Fat 7 g	**35%**	**Sodium** 469 mg	**20%**	Fiber 1 g	**4%**	**Vitamin C**	**0%**	**Iron**	**2%**
Protein 4 g				Sugars 160 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- ½ oz (1 Tbsp) caramel food color may be added for a darker color.

PINEAPPLE ICING (FOR PINEAPPLE CASHEW CAKE)

Yield: 2 qt

Ingredient	*Amount*	*Procedure*
Margarine Sugar, powdered Salt	1 lb 1 lb 4 oz ¼ tsp	Blend in mixer bowl, using flat beater.
Pineapple juice	¾ cup	Add pineapple juice. Mix to blend.
Sugar, powdered	1 lb 6 oz	Add sugar in three additions. Beat on medium speed until light and of the desired consistency.

Approximate nutritive values per cup — **Calories** 1048

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 46 g	**70%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 167 g	**56%**	**Vitamin A**	**16%**	**Calcium**	**2%**
Sat. Fat 9 g	**45%**	**Sodium** 603 mg	**25%**	Fiber 0 g	**0%**	**Vitamin C**	**4%**	**Iron**	**1%**
Protein 1 g				Sugars 155 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Crushed pineapple may be substituted for pineapple juice. Add additional juice in small quantities until icing is of spreading consistency.

MOCHA ICING

Yield: 2 qt

Ingredient	*Amount*	*Procedure*
Hot coffee, strong Margarine, softened Cocoa	1½ cups 3 oz 4 oz	Add coffee to margarine and cocoa. Mix on medium speed until blended.
Sugar, powdered, sifted Salt Vanilla	3 lb ¼ tsp ½ tsp	Add sugar, salt, and vanilla. Mix until smooth. Add more sugar if necessary to make icing hold its shape when spread.

Approximate nutritive values per cup — **Calories** 761

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 10 g	**15%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 179 g	**60%**	**Vitamin A**	**3%**	**Calcium**	**2%**
Sat. Fat 2 g	**10%**	**Sodium** 178 mg	**7%**	Fiber 0.2 g	**1%**	**Vitamin C**	**0%**	**Iron**	**28%**
Protein 3 g				Sugars 158 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Instant coffee, 2 Tbsp dissolved in 1½ cups hot water, may be used in place of brewed coffee.

CHOCOLATE GLAZE

Yield: 1 qt

Ingredient	*Amount*	*Procedure*
Unsweetened chocolate Margarine	4 oz 3 oz	Melt chocolate and margarine over low heat.
Sugar, powdered, sifted Vanilla Water, boiling	1 lb 5 oz 1 Tbsp ½ cup	Add sugar, vanilla, and water gradually. Beat until smooth. If needed, add boiling water, a few drops at a time, to make spreading consistency.

Approximate nutritive values per cup **Calories** 877

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 32 g	**49%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 159 g	**53%**	**Vitamin A**	**6%**	**Calcium**	**2%**
Sat. Fat 9 g	**46%**	**Sodium** 204 mg	**8%**	Fiber 2 g	**7%**	**Vitamin C**	**0%**	**Iron**	**11%**
Protein 3 g				Sugars 143 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

PEANUT BUTTER GLAZE

Yield: 5½ cups

Ingredient	*Amount*	*Procedure*
Margarine, melted Peanut butter	3 oz 8 oz	Cream margarine and peanut butter.
Sugar, powdered, sifted Milk	1 lb 10 oz 1 cup	Add sugar and milk alternately to make spreading consistency. Spread over rolls.

Approximate nutritive values per cup **Calories** 822

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 32 g	**49%**	**Cholest.** 5 mg	**2%**	**Total Carb.** 133 g	**44%**	**Vitamin A**	**5%**	**Calcium**	**6%**
Sat. Fat 7 g	**34%**	**Sodium** 336 mg	**14%**	Fiber 2 g	**9%**	**Vitamin C**	**0%**	**Iron**	**4%**
Protein 11 g				Sugars 119 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

POWDERED SUGAR GLAZE

Yield: 5 cups

Ingredient	*Amount*	*Procedure*
Sugar, powdered Corn syrup, white Water, warm Vanilla	2 lb ½ cup ¾ cup 2 tsp	Mix until smooth, adding more water if necessary. Cover tightly until needed. Stir before using.

Approximate nutritive values per cup — **Calories** 791

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 206 g	69%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 0 mg	0%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	1%
Protein 0 g				Sugars 192 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes
- Use for icing baked rolls or products requiring a thin icing.
- Thin, if necessary, to spread.

FILLING RECIPES

CHOCOLATE CREAM FILLING

Yield: 3 qt

Ingredient	*Amount*	*Procedure*
Chocolate chips Orange juice or water Sugar, granulated	2 lb 4 oz (3 12-oz pkgs) 1 cup 8 oz	Combine chocolate chips, orange juice, and sugar. Melt over hot water. Cool.
Cream, whipping	1½ cup qt	Whip cream until stiff. Fold into chocolate mixture.

Approximate nutritive values per cup — **Calories** 827

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 61 g	94%	**Cholest.** 133 mg	44%	**Total Carb.** 81 g	27%	**Vitamin A**	42%	**Calcium**	10%
Sat. Fat 23 g	116%	**Sodium** 44 mg	2%	Fiber 0 g	0%	**Vitamin C**	13%	**Iron**	12%
Protein 7 g				Sugars 72 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- Use as filling for Orange Cream Puffs (p. 257).

Variation
- **Chocolate Mousse.** Whip 10 egg whites to a soft peak and fold into chocolate whipped cream mixture. Chill. May be frozen.

DATE FILLING

Yield: 1½ qt

Ingredient	*Amount*	*Procedure*
Dates, pitted, chopped Water Sugar, granulated	2 lb 2¼ cups 12 oz	Combine dates, water, and sugar. Cook until mixture is thick. Cool.

Approximate nutritive values per cup — **Calories** 635

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 1 g	1%	**Cholest.** 0 mg	0%	**Total Carb.** 168 g	56%	**Vitamin A**	0%	**Calcium**	5%
Sat. Fat 0 g	0%	**Sodium** 8 mg	1%	Fiber 13 g	53%	**Vitamin C**	0%	**Iron**	9%
Protein 3 g				Sugars 152 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Use as cake or cookie filling.
- To add flavor, 6 oz jelly or ¼ cup orange juice may be used in place of ¼ cup of the water.

APRICOT FILLING

Yield: 2 qt

Ingredient	*Amount*	*Procedure*
Apricots, dried Water	2 lb 2 cups	Cook apricots and water together. When cooked, chop apricots.
Sugar, granulated Flour, all-purpose Salt Lemon juice	1 lb 4 oz ½ tsp ½ cup	Add sugar, flour, salt, and lemon juice to apricots. Cook to a paste.
Margarine	1 lb	Blend margarine into hot mixture.

Approximate nutritive values per cup — **Calories** 951

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 46 g	71%	**Cholest.** 0 mg	0%	**Total Carb.** 139 g	46%	**Vitamin A**	99%	**Calcium**	7%
Sat. Fat 9 g	45%	**Sodium** 686 mg	29%	Fiber 9 g	37%	**Vitamin C**	10%	**Iron**	33%
Protein 6 g				Sugars 100 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Fig Filling.** Substitute 2 lb dried figs, cooked and chopped, for the apricots. Increase lemon juice to 1 cup.
- **Prune–Date Filling.** Substitute 1 lb cooked, pitted, and chopped prunes and 1 lb chopped dates for the apricots.

CUSTARD FILLING

Yield: 4 qt

Ingredient	*Amount*	*Procedure*
Cornstarch Sugar, granulated Salt	6 oz 1 lb ½ tsp	Combine dry ingredients.
Milk, cold	2 cups	Add cold milk to dry ingredients and stir until smooth.
Milk, hot	2½ qt	Add cold mixture to hot milk, stirring constantly with wire whip. Cook over hot water until thick.
Eggs, beaten	10 (1 lb)	Add, while stirring, a small amount of hot mixture to the beaten eggs. Add to remainder of hot mixture, stirring constantly. Cook 7 minutes.
Vanilla	2 tsp	Remove from heat. Add vanilla. Cool quickly (within 4 hours) to below 41°F.

Approximate nutritive values per cup — **Calories** 307

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	**14%**	**Cholest.** 146 mg	**49%**	**Total Carb.** 47 g	**16%**	**Vitamin A**	**12%**	**Calcium**	**23%**
Sat. Fat 5 g	**23%**	**Sodium** 194 mg	**8%**	Fiber 0 g	**0%**	**Vitamin C**	**2%**	**Iron**	**3%**
Protein 10 g				Sugars 37 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Store at an internal temperature below 41°F. See p. 44 for recommended cooling procedures.
- Use as a filling for cakes, Cream Puffs (p. 257), Chocolate Roll (p. 185), and Eclairs (p. 257).
- To fill three 9-inch layer cakes, use ⅓ recipe.

LEMON FILLING

Yield: 1¾ qt

Ingredient	*Amount*	*Procedure*
Sugar, granulated Water	1 lb 3 cups	Heat sugar and water to boiling point.
Cornstarch Water, cold	2½ oz ¾ cup	Blend cornstarch and cold water. Gradually add to boiling sugar and water while stirring with a wire whip. Cook until thickened and clear, stirring constantly.
Egg yolks, beaten	4 (3 oz)	Stir a small amount of hot mixture into egg yolks, then blend egg yolks into hot mixture with wire whip. Cook 5–8 minutes while stirring.
Salt Lemon juice Fresh lemon peel, grated Margarine	¾ tsp ½ cup 2 tsp 1 oz (2 Tbsp)	Add remaining ingredients. Stir to blend. Cool quickly (within 4 hours) to below 41°F.

Approximate nutritive values per cup — **Calories** 365

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**11%**	**Cholest.** 156 mg	**52%**	**Total Carb.** 76 g	**25%**	**Vitamin A**	**24%**	**Calcium**	**2%**
Sat. Fat 2 g	**9%**	**Sodium** 281 mg	**12%**	Fiber 0.2 g	**1%**	**Vitamin C**	**8%**	**Iron**	**3%**
Protein 2 g				Sugars 63 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standard:* Store at an internal temperature below 41°F. See p. 44 for recommended cooling procedures.

Variations

- **Lime Filling.** Substitute fresh lime for the lemon. Add a few drops of green food coloring.
- **Orange Filling.** Substitute orange juice for the water and fresh orange peel for the lemon peel. Reduce lemon juice to 3 Tbsp.

MARMALADE NUT FILLING

Yield: 1 qt

Ingredient	*Amount*	*Procedure*
Margarine Walnuts, pieces	2 oz 1 lb	Melt margarine. Add nuts. Cook and stir until nuts are toasted.
Sugar, brown Cinnamon, ground	6 oz 1 tsp	Add sugar and cinnamon. Cook until heated through.
Orange marmalade	1 lb	Add marmalade. Mix well.

Approximate nutritive values per cup **Calories** 1052

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 76 g	**116%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 79 g	**26%**	**Vitamin A**	**8%**	**Calcium**	**12%**
Sat. Fat 6 g	**32%**	**Sodium** 156 mg	**6%**	Fiber 4 g	**17%**	**Vitamin C**	**63%**	**Iron**	**27%**
Protein 30 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note • Use for filling in fruit ring or sweet rolls.

PRUNE FILLING

Yield: 1½ qt

Ingredient	*Amount*	*Procedure*
Prunes, pitted, cooked and chopped Sour cream Margarine Eggs, beaten	2 cups 1 cup 2 oz 4 (7 oz)	Add cream, margarine, and eggs to prunes. Heat over hot water.
Sugar, granulated Salt Flour, all-purpose	1 lb ½ tsp 1 oz (¼ cup)	Mix dry ingredients. Add to prune mixture. Cook and stir over hot water until thick. Cool.

Approximate nutritive values per cup **Calories** 587

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 19 g	**29%**	**Cholest.** 158 mg	**53%**	**Total Carb.** 102 g	**34%**	**Vitamin A**	**20%**	**Calcium**	**8%**
Sat. Fat 8 g	**38%**	**Sodium** 332 mg	**14%**	Fiber 3 g	**11%**	**Vitamin C**	**4%**	**Iron**	**8%**
Protein 7 g				Sugars 90 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note • 8 oz chopped nuts may be added.

Variation • **Apricot Filling.** Substitute dried apricots for prunes.

DROP COOKIE RECIPES

BUTTERSCOTCH DROP COOKIES

Yield: 8 dozen cookies *Portion:* ¾ oz per cookie
Oven: 375°F *Bake:* 10–15 minutes

Ingredient	*Amount*	*Procedure*
Margarine Sugar, brown	8 oz 1 lb	Cream margarine and brown sugar on medium speed for 5 minutes, using flat beater.
Eggs Vanilla	4 (7 oz) 2 tsp	Add eggs and vanilla to creamed mixture. Mix on medium speed until well blended.
Flour, all-purpose Baking powder Baking soda Salt	1 lb 4 oz 1 tsp 2 tsp 1 tsp	Combine dry ingredients.
Sour cream	1 lb	Add dry ingredients alternately with sour cream to dough. Mix on low speed until blended.
Walnuts, chopped	8 oz	Add nuts. Mix until blended. Chill dough until firm.
		Portion with No. 40 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Bake at 375°F for 10–12 minutes. Cover with Burnt Butter Icing (p. 189) while cookies are still warm.

Approximate nutritive values per cookie **Calories** 84

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 4 g	**7%**	**Cholest.** 11 mg	**4%**	**Total Carb.** 10 g	**3%**	**Vitamin A**	**2%**	**Calcium**	**1%**
Sat. Fat 1 g	**6%**	**Sodium** 81 mg	**3%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**2%**
Protein 2 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Butterscotch Squares.** Spread batter in 12 × 18 × 2-inch baking pan. Bake at 325°F for 25 minutes.
- **Chocolate Drop Cookies.** Add 4 oz unsweetened chocolate, melted, to creamed mixture.

COCONUT MACAROONS

Yield: 9 dozen cookies *Portion:* ½ oz per cookie
Oven: 325°F *Bake:* 15 minutes

Ingredient	*Amount*	*Procedure*
Egg whites Salt	8 (9 oz) ⅛ tsp	Beat egg whites and salt on high speed until frothy, using whip attachment.
Sugar, granulated Sugar, powdered	12 oz 12 oz	Combine sugars and add gradually to egg whites.
Vanilla	2 tsp	Add vanilla. Continue beating on high speed until stiff.
Coconut, shredded	1 lb 6 oz	Carefully fold in coconut on low speed. Portion with No. 60 dipper 4 × 6 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Bake at 325°F for 15 minutes.

Approximate nutritive values per cookie **Calories** 53

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 0 mg	0%	**Total Carb.** 9 g	3%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 2 g	8%	**Sodium** 24 mg	1%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	0%
Protein 1 g				Sugars 8 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

CHOCOLATE CHIP COOKIES

Yield: 10 dozen cookies *Portion:* ¾ oz per cookie
Oven: 375°F *Bake:* 8–10 minutes

Ingredient	*Amount*	*Procedure*
Margarine Sugar, granulated Sugar, brown	12 oz 8 oz 8 oz	Cream margarine and sugars on medium speed for 5 minutes, using flat beater.
Eggs Vanilla	4 (7 oz) 2 tsp	Add eggs and vanilla to creamed mixture and beat until light and fluffy.
Flour, all-purpose Salt Baking soda	1 lb 4 oz 1 tsp 2 tsp	Combine dry ingredients. Add on low speed to creamed mixture.
Nuts, coarsely chopped Chocolate chips	1 lb 1 lb 8 oz	Add nuts and chocolate chips. Mix until blended.
		Portion with No. 40 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Bake at 375°F for 8–10 minutes.

Approximate nutritive values per cookie **Calories** 103

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	9%	**Cholest.** 7 mg	2%	**Total Carb.** 12 g	4%	**Vitamin A**	1%	**Calcium**	1%
Sat. Fat 1 g	3%	**Sodium** 69 mg	3%	Fiber 1 g	2%	**Vitamin C**	0%	**Iron**	3%
Protein 2 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- For jumbo cookies, use No. 20 dipper. Bake at 365°F for 12–15 minutes.

BUTTERSCOTCH PECAN COOKIES

Yield: 10 dozen cookies *Portion:* 3/4 oz per cookie
Oven: 375°F *Bake:* 10–12 minutes

Ingredient	*Amount*	*Procedure*
Margarine Sugar, brown	1 lb 2 lb	Cream margarine and sugar on medium speed for 5 minutes, using flat beater.
Eggs Vanilla	4 (7 oz) 1 Tbsp	Add eggs and vanilla to creamed mixture. Mix on low speed until blended.
Flour, all-purpose Pecans, chopped	1 lb 8 oz 1 lb	Add flour and pecans. Mix on low speed until blended.
		Portion with No. 40 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Bake at 375°F for 10–12 minutes.

Approximate nutritive values per cookie **Calories** 104

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 6 g	**9%**	**Cholest.** 7 mg	**2%**	**Total Carb.** 12 g	**4%**	**Vitamin A**	**1%**	**Calcium**	**1%**
Sat. Fat 1 g	**4%**	**Sodium** 41 mg	**2%**	Fiber 0.4 g	**2%**	**Vitamin C**	**0%**	**Iron**	**2%**
Protein 1 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

OATMEAL COOKIES

Yield: 8 dozen cookies *Portion:* 3/4 oz per cookie
Oven: 375°F *Bake:* 8–11 minutes

Ingredient	*Amount*	*Procedure*
Margarine Sugar, brown Sugar, granulated	1 lb 4 oz 8 oz 8 oz	Cream margarine and sugars on medium speed for 5 minutes, using flat beater.
Eggs Vanilla	2 (4 oz) 2 tsp	Add eggs and vanilla to creamed mixture. Continue to cream until well mixed.
Flour, all-purpose Salt Baking soda	12 oz 1 tsp 2 tsp	Combine dry ingredients. Add to creamed mixture.
Rolled oats, uncooked	1 lb	Add oats. Mix on low speed until blended.
Raisins, softened	12 oz	Add raisins. Mix only to blend. Portion with No. 40 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Flatten slightly. Bake at 375°F for 8–9 minutes for a chewy cookie, 10–11 minutes for a crisp cookie.

Approximate nutritive values per cookie **Calories** 104

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 5 g	**8%**	**Cholest.** 5 mg	**2%**	**Total Carb.** 14 g	**5%**	**Vitamin A**	**1%**	**Calcium**	**0%**
Sat. Fat 1 g	**5%**	**Sodium** 95 mg	**4%**	Fiber 0.3 g	**1%**	**Vitamin C**	**0%**	**Iron**	**2%**
Protein 1 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- For variety, add 8 oz chopped nuts, chocolate chips, or coconut.
- 2 tsp cinnamon may be added.

PEANUT BUTTER COOKIES

Yield: 9 dozen cookies *Portion:* ¾ oz per cookie
Oven: 375°F *Bake:* 8 minutes

Ingredient	*Amount*	*Procedure*
Margarine Sugar, granulated Sugar, brown	1 lb 1 lb 10 oz	Cream margarine and sugars on medium speed for 5 minutes using flat beater.
Eggs Vanilla	4 (7 oz) 2 tsp	Add eggs and vanilla. Continue beating until blended.
Peanut butter	1 lb 2 oz	Add peanut butter to creamed mixture. Blend on low speed.
Flour, all-purpose Baking soda Salt	1 lb 2 tsp 1 tsp	Combine dry ingredients. Add to creamed mixture. Mix on low speed until well blended.
		Portion dough with No. 40 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Flatten with tines of a fork. Bake at 375°F for 8 minutes.

Approximate nutritive values per cookie **Calories** 102

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 6 g	**9%**	**Cholest.** 8 mg	**3%**	**Total Carb.** 11 g	**4%**	**Vitamin A**	**1%**	**Calcium**	**0%**
Sat. Fat 1 g	**6%**	**Sodium** 109 mg	**5%**	Fiber 0.4 g	**2%**	**Vitamin C**	**0%**	**Iron**	**1%**
Protein 2 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Chocolate Chip Peanut Butter Cookies.** Add 1 lb chocolate chips.
- **Chunky Peanut Butter Cookies.** Use chunky peanut butter or add 12 oz chopped peanuts.

JUMBO CHUNK CHOCOLATE COOKIES

Yield: 5 dozen cookies *Portion:* 3½ oz per cookie
Oven: 350°F *Bake:* 10–12 minutes

Ingredient	*Amount*	*Procedure*
Sugar, brown Sugar, granulated Shortening	1 lb 8 oz 1 lb 2 lb	Cream sugars and shortening on medium speed for 5 minutes using flat beater.
Eggs, beaten Vanilla	9 (1 lb) 1½ Tbsp	Add eggs and vanilla to creamed mixture.
Flour, all-purpose Baking soda Salt	2 lb 8 oz 4 tsp 4 tsp	Combine dry ingredients and add to creamed mixture. Mix thoroughly.
Semisweet chocolate chunks Nuts, chopped	4 lb 12 oz 1 lb	Add chocolate and nuts.
		Portion with No. 20 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Flatten slightly. Bake at 350°F for 10–12 minutes.

Approximate nutritive values per cookie **Calories** 502

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 31 g	**48%**	**Cholest.** 32 mg	**11%**	**Total Carb.** 56 g	**19%**	**Vitamin A**	**1%**	**Calcium**	**5%**
Sat. Fat 12 g	**58%**	**Sodium** 243 mg	**10%**	Fiber 4 g	**14%**	**Vitamin C**	**0%**	**Iron**	**15%**
Protein 7 g				Sugars 24 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- These cookies are best when served the same day they are baked.

DROP MOLASSES COOKIES

Yield: 8 dozen cookies *Portion:* ¾ oz per cookie
Oven: 350°F *Bake:* 8–10 minutes

Ingredient	*Amount*	*Procedure*
Flour, all-purpose Baking soda Cinnamon, ground Cloves, ground Nutmeg, ground Ginger, ground Salt	2 lb 2⅔ Tbsp ¼ cup 1 tsp 1 tsp 2 tsp 2 tsp	Stir together flour, soda, and spices. Set aside.
Oil or melted shortening Sugar, granulated	1 lb 8 oz 2 lb	Combine shortening and sugar in mixer bowl. Beat on medium speed for 5 minutes, using flat beater.
Eggs	4 (7 oz)	Add eggs, one at a time, beating well after each addition.
Molasses	1 cup	Add molasses gradually to egg mixture. Add dry ingredients gradually on low speed and mix well.
		Portion with No. 40 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Bake at 350°F for 8–10 minutes.

Approximate nutritive values per cookie **Calories** 146

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 7 g	11%	**Cholest.** 9 mg	3%	**Total Carb.** 19 g	6%	**Vitamin A**	0%	**Calcium**	1%
Sat. Fat 2 g	9%	**Sodium** 153 mg	6%	Fiber 0.3 g	1%	**Vitamin C**	0%	**Iron**	4%
Protein 1 g				Sugars 11 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Cookies will be soft in center.

GINGERSNAPS

Yield: 8 dozen cookies *Portion:* ⅔ oz per cookie
Oven: 375°F *Bake:* 10–12 minutes

Ingredient	*Amount*	*Procedure*
Shortening Sugar, brown	1 lb 1 lb 4 oz	Cream shortening and brown sugar until light and fluffy.
Eggs Molasses	3 (5 oz) ⅔ cup	Add eggs and molasses. Mix well.
Flour Baking soda Cinnamon Ginger, ground Cloves Salt	1 lb 6 oz 1⅔ Tbsp 2½ tsp 2½ tsp 1¼ tsp ¾ tsp	Combine dry ingredients. Add gradually to creamed mixture. Blend well.
Sugar, granulated	8 oz	Portion with a No. 60 dipper. Roll dough in sugar and place 4 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Bake at 375°F for 10–12 minutes.

Approximate nutritive values per cookie — **Calories** 105

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 5 g	8%	**Cholest.** 7 mg	2%	**Total Carb.** 15 g	5%	**Vitamin A**	0%	**Calcium**	1%
Sat. Fat 2 g	7%	**Sodium** 87 mg	4%	Fiber 0.2 g	1%	**Vitamin C**	0%	**Iron**	2%
Protein 1 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

PEANUT COOKIES

Yield: 9 dozen cookies *Portion:* ¾ oz per cookie
Oven: 350°F *Bake:* 10–12 minutes

Ingredient	*Amount*	*Procedure*
Margarine Sugar, granulated Sugar, brown	12 oz 8 oz 1 lb	Cream margarine and sugars on medium speed for 5 minutes, using flat beater.
Eggs Vanilla	4 (7 oz) 2 tsp	Add eggs and vanilla. Mix for 5 minutes.
Flour, all-purpose Baking soda Salt	12 oz 1 tsp 1 tsp	Combine dry ingredients. Add to creamed mixture.
Rolled oats, quick, uncooked Peanuts, salted	10 oz 1 lb	Add rolled oats and peanuts. Mix until blended.
		Portion dough with No. 40 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Bake at 350°F for 10–12 minutes.

Approximate nutritive values per cookie **Calories** 96

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	**8%**	**Cholest.** 8 mg	**3%**	**Total Carb.** 11 g	**4%**	**Vitamin A**	**1%**	**Calcium**	**0%**
Sat. Fat 1 g	**5%**	**Sodium** 66 mg	**3%**	Fiber 0.4 g	**1%**	**Vitamin C**	**0%**	**Iron**	**2%**
Protein 2 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

PEANUT BUTTER CHOCOLATE CHIP COOKIES

Yield: 8 dozen cookies *Portion:* ¾ oz per cookie
Oven: 350°F *Bake:* 10–12 minutes

Ingredient	*Amount*	*Procedure*
Chunky peanut butter Brown sugar Margarine	1 lb 8 oz 1 lb 8 oz 12 oz	Cream peanut butter, sugar, and margarine on medium speed for 5 minutes.
Eggs Honey Vanilla	3 (5 oz) ¾ cup 1 Tbsp	Add eggs, honey, and vanilla. Mix well.
Flour, all-purpose Rolled oats Baking soda Salt	1 lb 3 oz 1 Tbsp ¾ tsp	Combine dry ingredients. Add gradually to creamed mixture. Blend well.
Semi sweet chocolate chips	1 lb	Stir chocolate chips into batter. Refrigerate until dough is firm and not sticky.
		Portion dough with No. 40 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Bake 350°F for 10–12 minutes.

Approximate nutritive values per cookie **Calories** 150

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	**12%**	**Cholest.** 6.5 mg	**2%**	**Total Carb.** 18 g	**6%**	**Vitamin A**	**3%**	**Calcium**	**1%**
Sat. Fat 2 g	**11%**	**Sodium** 130 mg	**5%**	Fiber 1 g	**4%**	**Vitamin C**	**0%**	**Iron**	**4%**
Protein 3 g				Sugars 12 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

SNICKERDOODLES

Yield: 8 dozen cookies *Portion:* ¾ oz per cookie
Oven: 375°F *Bake:* 8–10 minutes

Ingredient	*Amount*	*Procedure*
Margarine Sugar, granulated	1 lb 1 lb 8 oz	Cream margarine and sugar on medium speed for 5 minutes, using flat beater.
Eggs	4 (7 oz)	Add eggs to creamed mixture. Mix thoroughly.
Flour, all-purpose Cream of tartar Baking soda Salt	1 lb 6 oz 4 tsp 2 tsp ½ tsp	Mix dry ingredients. Add to creamed mixture. Mix on low speed until well-blended.
Sugar, granulated Cinnamon	8 oz 5 Tbsp	Combine sugar and cinnamon. Portion dough with No. 40 dipper. Roll in sugar-cinnamon mixture.
		Place 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Bake at 375°F for 8–10 minutes or until lightly browned but still soft. These cookies puff up at first, then flatten out with crinkled tops.

Approximate nutritive values per cookie **Calories** 99

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	6%	**Cholest.** 9 mg	3%	**Total Carb.** 15 g	5%	**Vitamin A**	1%	**Calcium**	0%
Sat. Fat 1 g	4%	**Sodium** 86 mg	4%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	2%
Protein 1 g				Sugars 9 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

DROP SUGAR COOKIES

Yield: 8 dozen cookies *Portion:* ¾ oz per cookie
Oven: 375°F *Bake:* 8–10 minutes

Ingredient	*Amount*	*Procedure*
Shortening Margarine or butter Sugar, granulated	1 lb 1 lb 2 oz 2 lb	Cream fats and sugar, starting on low speed, progressing to medium, then high speed for 5 minutes. Use flat beater.
Eggs Vanilla	3 (5 oz) 4 tsp	Add eggs and vanilla to creamed mixture and mix thoroughly.
Flour, all-purpose Cream of tartar Baking soda Salt	1 lb 14 oz 2 tsp 2½ tsp ½ tsp	Combine dry ingredients. Add gradually to creamed mixture. Blend well.
		Portion with No. 40 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Bake at 375°F for 8–10 minutes.

Approximate nutritive values per cookie **Calories** 152

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	**14%**	**Cholest.** 6 mg	**2%**	**Total Carb.** 16 g	**5%**	**Vitamin A**	**1%**	**Calcium**	**0%**
Sat. Fat 2 g	**10%**	**Sodium** 97 mg	**4%**	Fiber 0.2 g	**1%**	**Vitamin C**	**0%**	**Iron**	**2%**
Protein 1 g				Sugars 9 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Cookies will be soft in center.
- For jumbo cookies, use No. 20 dipper.

WHOLE WHEAT SUGAR COOKIES

Yield: 8 dozen cookies *Portion:* ¾ oz per cookie
Oven: 375°F *Bake:* 8–10 minutes

Ingredient	*Amount*	*Procedure*
Margarine Sugar, granulated	1 lb 2 lb	Cream margarine and sugar for 5 minutes or until light and fluffy, using flat beater.
Eggs Vanilla Milk	4 (7 oz) 4 tsp ½ cup	Add eggs, vanilla, and milk. Mix well.
Flour, whole wheat Baking powder Baking soda Salt Nutmeg, ground Orange peel, grated	2 lb 4 tsp 2 tsp 2 tsp 2 tsp 4 Tbsp	Combine dry ingredients. Add gradually to creamed mixture. Blend well.
Sugar, granulated Cinnamon, ground	4 oz 2 tsp	Combine sugar and cinnamon.
		Portion with No. 40 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Flatten slightly and sprinkle with sugar and cinnamon mixture. Bake at 375°F for 8–10 minutes.

Approximate nutritive values per cookie **Calories** 106

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	**6%**	**Cholest.** 9 mg	**3%**	**Total Carb.** 16 g	**5%**	**Vitamin A**	**1%**	**Calcium**	**1%**
Sat. Fat 1 g	**4%**	**Sodium** 131 mg	**5%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**2%**
Protein 1 g				Sugars 11 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Cookies will be soft in center.

BAR COOKIE RECIPES

BROWNIES

Yield: 60 portions or 2 pans 12 × 18 × 1 inch *Portion:* 2½ × 3 inches
Oven: 325°F *Bake:* 20 minutes

Ingredient	*Amount*	*Procedure*
Eggs	15 (1 lb 10 oz)	Beat eggs on high speed for 5 minutes, using flat beater.
Sugar, granulated Shortening, melted Margarine, melted Vanilla	2 lb 4 oz 10 oz 8 oz 2 Tbsp	Add sugar, fats, and vanilla to eggs. Mix on medium speed for 5 minutes.
Flour, cake Cocoa Baking powder Salt	14 oz 10 oz 2 tsp ½ tsp	Combine dry ingredients. Add to creamed mixture. Mix on low speed about 5 minutes.
Nuts, chopped	12 oz	Add nuts to batter. Mix to blend.
		Scale batter into two lightly greased 12 × 18 × 1-inch baking pans, 3 lb 8 oz per pan. Bake at 325°F for 20 minutes. Do not overbake. Should be soft to touch when done. While warm, sprinkle with powdered sugar, or cool and cover with a thin layer of mocha or chocolate frosting if desired.

Approximate nutritive values per cookie **Calories** 221

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	**19%**	**Cholest.** 52 mg	**17%**	**Total Carb.** 26 g	**9%**	**Vitamin A**	**3%**	**Calcium**	**3%**
Sat. Fat 3 g	**13%**	**Sodium** 82 mg	**3%**	Fiber 0.7 g	**3%**	**Vitamin C**	**0%**	**Iron**	**13%**
Protein 4 g				Sugars 17 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- 12 oz unsweetened chocolate may be substituted for the cocoa. Melt and add to the fat-sugar-egg mixture.
- 13 oz all-purpose flour may be substituted for cake flour.
- 2 lb chopped dates may be added.
- May be baked in one 18 × 26 × 1-inch baking sheet.

FUDGE BROWNIES

Yield: 60 portions or 1 pan 18 × 26 × 1 inch *Portion:* 2½ × 3 inches
Oven: 325°F *Bake:* 20–25 minutes

Ingredient	*Amount*	*Procedure*
Bitter chocolate Shortening	1 lb 1 lb 4 oz	Melt chocolate and shortening.
Flour, cake Flour, all-purpose Baking powder Salt	10 oz 10 oz 5½ tsp 2¼ tsp	Combine dry ingredients in mixer bowl.
Eggs Sugar, granulated Vanilla	15 (1 lb 10 oz) 3 lb 1 Tbsp	Combine eggs, sugar, and vanilla in mixer bowl. Beat well. Blend chocolate mixture into egg-sugar mixture. Add dry ingredients, beating only until blended.
		Scale 8 lb of batter into greased 18 × 26 × 2-inch pan. Smooth batter. Bake at 325°F for 20–30 minutes or until edges shrink slightly from edge of pan. Cool. Cut 6 × 10.

Approximate nutritive values per cookie **Calories** 260

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 15 g	**23%**	**Cholest.** 52 mg	**17%**	**Total Carb.** 32 g	**11%**	**Vitamin A**	**2%**	**Calcium**	**2%**
Sat. Fat 5 g	**26%**	**Sodium** 140 mg	**6%**	Fiber 1 g	**5%**	**Vitamin C**	**0%**	**Iron**	**7%**
Protein 3 g				Sugars 22 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variation

- **Fudge Nut Brownies.** Add 10 oz chopped walnuts to batter.

COCONUT PECAN BARS

Yield: 96 portions or 2 pans 12 × 18 × 1 inch *Portion:* 2 × 2¼ inches
Oven: 350°F *Bake:* 15–20 minutes, first layer; 20–25 minutes, second layer

Ingredient	*Amount*	*Procedure*
Margarine Sugar, brown Flour, all-purpose	1 lb 8 oz 12 oz 1 lb 4 oz	Blend margarine, brown sugar, and flour on low speed until mixture resembles coarse meal, using flat beater. Press even layer of mixture into two 12 × 18 × 1-inch baking pans, 1 lb 12 oz per pan. Bake at 350°F until light brown, 15–20 minutes.
Eggs, beaten Flour, all-purpose Baking powder Salt Sugar, brown Vanilla Coconut, shredded or flaked Pecans, chopped	8 (14 oz) 4 oz 1 Tbsp 2 tsp 2 lb 8 oz 1 Tbsp 8 oz 12 oz	Combine remaining ingredients to form topping.
		Spread topping over baked crust, 3 lb per pan. Bake 20–25 minutes. Ice with Orange Icing (p. 193) if desired. Cut 6 × 8.

Approximate nutritive values per cookie **Calories** 179

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 10 g	15%	**Cholest.** 18 mg	6%	**Total Carb.** 22 g	7%	**Vitamin A**	2%	**Calcium**	2%
Sat. Fat 1 g	7%	**Sodium** 137 mg	6%	Fiber 0.4 g	2%	**Vitamin C**	0%	**Iron**	4%
Protein 2 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- May be baked in one 18 × 26 × 1-inch baking sheet.

Variation
- **Dreamland Bars.** Reduce coconut to 4 oz. Increase pecans to 1 lb. Add 12 oz chopped maraschino cherries and 1 lb chopped dates. Combine 2 oz margarine or butter and 8 oz powdered sugar. Spread over top. Bake.

DATE BARS

Yield: 60 portions or 2 pans 12 × 18 × 1 inch   *Portion:* $2\frac{1}{2}$ × 3 inches
Oven: 350°F   *Bake:* 25–30 minutes

Ingredient	Amount	Procedure
Egg yolks	12 (7 oz)	Beat egg yolks on high speed until lemon colored, using flat beater.
Sugar, granulated	2 lb	Add sugar to yolks gradually and continue beating after each addition.
Flour, all-purpose Baking powder Salt	1 lb $1\frac{1}{2}$ Tbsp ½ tsp	Combine flour, baking powder, and salt.
Dates, chopped Nuts, chopped	3 lb 1 lb	Add dates and nuts to flour mixture. Combine with egg-sugar mixture.
Egg whites	12 (14 oz)	Beat egg whites on high speed until they form soft peaks, using wire whip attachment. Fold into batter.
		Spread batter evenly into two lightly greased 12 × 18 × 1-inch baking pans, 4 lb 3 oz per pan. Bake at 350°F for 25–30 minutes.
Sugar, powdered	6 oz	Sift powdered sugar over top of warm baked bars. Cut 5 × 6.

Approximate nutritive values per cookie **Calories** 219

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	8%	**Cholest.** 42 mg	14%	**Total Carb.** 42 g	14%	**Vitamin A**	6%	**Calcium**	4%
Sat. Fat 1 g	4%	**Sodium** 54 mg	2%	Fiber 3 g	11%	**Vitamin C**	0%	**Iron**	5%
Protein 4 g				Sugars 32 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- May be baked in one 18 × 26 × 1-inch baking sheet. Cut 6 × 10.

BUTTERSCOTCH SQUARES

Yield: 60 portions or 2 pans 12 × 18 × 1 inch *Portion:* 2½ × 3 inches
Oven: 325°F *Bake:* 25 minutes

Ingredient	*Amount*	*Procedure*
Margarine Sugar, brown	1 lb 2 lb 8 oz	Cream margarine and sugar on medium speed for 5 minutes, using flat beater.
Eggs Vanilla	10 (1 lb) 1 Tbsp	Add eggs, one at a time, and vanilla. Mix on low speed until blended.
Flour, all-purpose Baking powder Salt	1 lb 8 oz 2 Tbsp 1 tsp	Combine dry ingredients. Add to creamed mixture. Mix on low speed until blended.
Nuts, chopped (optional)	12 oz	Add nuts to batter. Mix to blend.
		Spread batter evenly in two lightly greased 12 × 18 × 1-inch baking pans, 3 lb 6 oz per pan. Bake at 325°F for 25 minutes. Cut 5 × 6.

Approximate nutritive values per cookie — **Calories** 213

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 10 g	15%	**Cholest.** 32 mg	11%	**Total Carb.** 29 g	10%	**Vitamin A**	3%	**Calcium**	5%
Sat. Fat 2 g	9%	**Sodium** 154 mg	6%	Fiber 0.8 g	3%	**Vitamin C**	0%	**Iron**	6%
Protein 3 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note • May be baked in one 18 × 26 × 1-inch baking sheet. Cut 6 × 10.

Variation • **Butterscotch Chocolate Chip Brownies.** Add 1 lb chocolate chips.

OATMEAL DATE BARS

Yield: 96 portions or 2 pans 12 × 18 × 1 inch *Portion:* 2 × 2¼ inches
Oven: 325°F *Bake:* 45 minutes

Ingredient	*Amount*	*Procedure*
Margarine Sugar, brown	1 lb 10 oz 2 lb 12 oz	Cream margarine and sugar on medium speed for 5 minutes, using flat beater.
Flour, all-purpose Rolled oats, quick, uncooked Baking soda	2 lb 1 lb 8 oz 2⅔ Tbsp	Combine dry ingredients. Add to creamed mixture. Mix on low speed until crumbly. Spread 2 lb 10 oz prepared mixture into each of two 12 × 18 × 1-inch baking pans. Flatten to an even layer.
Date Filling (p. 197)	3 qt	Spread date filling over oatmeal mixture, 1½ qt per pan. Cover with remainder of dough, 1 lb 4 oz per pan. Bake at 325°F for 45 minutes. Cut 6 × 8 into bars.

Approximate nutritive values per cookie — **Calories** 245

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**10%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 46 g	**15%**	**Vitamin A**	**2%**	**Calcium**	**2%**
Sat. Fat 1 g	**7%**	**Sodium** 184 mg	**8%**	Fiber 2 g	**8%**	**Vitamin C**	**0%**	**Iron**	**6%**
Protein 3 g				Sugars 19 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- May be baked in one 18 × 26 × 1-inch baking sheet. Cut 8 × 12.
- Crushed pineapple or cooked dried apricots may be used in place of dates in the filling.

MARSHMALLOW KRISPIE SQUARES

Yield: 60 portions or 2 pans 12 × 18 × 1 inch *Portion:* 2½ × 3 inches

Ingredient	*Amount*	*Procedure*
Margarine Marshmallows Vanilla	1 lb 4 lb 1 Tbsp	Melt margarine. Add marshmallows and vanilla. Stir until completely melted. Cook over low heat 3 minutes longer, stirring constantly. Remove from heat.
Crisp Rice Cereal	2 lb 8 oz	Stir Crisp Rice Cereal into marshmallow mixture until well-coated. Using buttered spatula, press mixture evenly into two lightly greased 12 × 18 × 1-inch baking pans, 3 lb per pan. Cut while warm, 5 × 6.

Approximate nutritive values per cookie — **Calories** 225

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	**10%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 41 g	**14%**	**Vitamin A**	**27%**	**Calcium**	**1%**
Sat. Fat 1 g	**6%**	**Sodium** 309 mg	**13%**	Fiber 0.4 g	**1%**	**Vitamin C**	**16%**	**Iron**	**9%**
Protein 2 g				Sugars 15 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- May be made in one 18 × 26 × 1-inch baking sheet. Cut 5 × 6.

Variations

- **Chocolate Marshmallow Squares.** Cover squares with a thin, rich chocolate icing.
- **Peanut Butter Squares.** Add 1 lb 2 oz peanut butter to marshmallow mixture. Proceed as above. Frost with Chocolate Glaze (p. 195).

PRESSED, MOLDED, AND ROLLED COOKIE RECIPES

BUTTER TEA COOKIES

Yield: 10 dozen cookies
Oven: 375°F *Bake:* 10–12 minutes

Ingredient	*Amount*	*Procedure*
Butter Sugar, granulated	1 lb 9 oz	Cream butter and sugar on medium speed for 5 minutes, using flat beater.
Eggs yolks Vanilla	6 (4 oz) 1 tsp	Add egg yolks and vanilla to creamed mixture. Mix on medium speed until blended.
Flour, all-purpose	1 lb 4 oz	Add flour and mix on low speed. Chill dough.
		Shape with cookie press onto ungreased baking sheets. Bake at 375°F for 10–12 minutes.

Approximate nutritive values per cookie — **Calories** 56

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	5%	**Cholest.** 20 mg	7%	**Total Carb.** 6 g	2%	**Vitamin A**	4%	**Calcium**	0%
Sat. Fat 2 g	10%	**Sodium** 32 mg	1%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	1%
Protein 1 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variation

- **Thimble Cookies.** Roll dough into 1-inch balls. Dip in egg white and roll in finely chopped pecans. Bake 3 minutes at 325°F, then make indentation in center of cookies and fill with jelly. Bake 10–12 minutes longer.

CHOCOLATE TEA COOKIES

Yield: 10 dozen cookies
Oven: 350°F *Bake:* 6–10 minutes

Ingredient	*Amount*	*Procedure*
Margarine Sugar, granulated	1 lb 12 oz	Cream margarine and sugar on medium speed for 5 minutes, using flat beater.
Eggs Vanilla	2 (4 oz) 1 Tbsp	Add eggs and vanilla to creamed mixture. Blend on medium speed for 5 minutes.
Flour, all-purpose Baking powder Salt Cocoa	1 lb 2 oz 1 tsp ¼ tsp 1 oz (¼ cup)	Combine dry ingredients. Add to creamed mixture and mix on low speed until blended. Chill dough. Shape dough with cookie press onto ungreased baking sheets. Bake at 350°F for 6–10 minutes.

Approximate nutritive values per cookie — **Calories** 56

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	5%	**Cholest.** 4 mg	1%	**Total Carb.** 6 g	2%	**Vitamin A**	1%	**Calcium**	0%
Sat. Fat 1 g	3%	**Sodium** 44 mg	2%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	1%
Protein 1 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

SANDIES

Yield: 8 dozen cookies
Oven: 325°F *Bake:* 20 minutes

Ingredient	*Amount*	*Procedure*
Margarine or butter Sugar, granulated Vanilla	12 oz 3 oz 1 tsp	Cream margarine, sugar, and vanilla on medium speed for 5 minutes, using flat beater.
Flour, all-purpose Salt	1 lb 2 oz 1 tsp	Add flour and salt to creamed mixture. Mix on low speed until blended.
Water Pecans, finely chopped	1 Tbsp 8 oz	Add water and pecans and blend. Chill dough.
		Shape dough into small balls ¾ inch in diameter. If mixture crumbles so it will not stick together, add a small amount of melted margarine. Place on lightly greased or parchment-paper-lined baking sheets. Bake at 325°F until lightly browned, about 20 minutes.
Sugar, powdered, sifted	8 oz (approximate)	Roll in powdered sugar while still hot.

Approximate nutritive values per cookie **Calories** 73

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	**7%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 8 g	**3%**	**Vitamin A**	**1%**	**Calcium**	**0%**
Sat. Fat 1 g	**3%**	**Sodium** 56 mg	**2%**	Fiber 0.3 g	**1%**	**Vitamin C**	**0%**	**Iron**	**1%**
Protein 1 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variation

- **Frosty Date Balls.** Add 1 lb chopped pitted dates.

BUTTERSCOTCH REFRIGERATOR COOKIES

Yield: 8 dozen cookies
Oven: 375°F *Bake:* 8–10 minutes

Ingredient	*Amount*	*Procedure*
Margarine Shortening Sugar, granulated Sugar, brown	8 oz 8 oz 12 oz 1 lb	Cream fats and sugars on medium speed for 5 minutes, using flat beater.
Eggs Vanilla	4 (7 oz) 2 tsp	Add eggs and vanilla to creamed mixture. Mix on medium speed for 5 minutes.
Flour, all-purpose Cream of tartar Baking soda	2 lb 2 tsp 2 tsp	Combine dry ingredients.
Dates, finely chopped Nuts, chopped	8 oz 8 oz	Add dry ingredients, dates, and nuts to dough. Mix on low speed until well blended.
		Form dough into three 2-lb rolls, 2 inches in diameter. Wrap in waxed paper. Chill several hours. Slice cookies ⅛ inch thick. Place on ungreased baking sheets. Bake at 375°F for 8–10 minutes.

Approximate nutritive values per cookie **Calories** 128

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	9%	**Cholest.** 9 mg	3%	**Total Carb.** 18 g	6%	**Vitamin A**	1%	**Calcium**	1%
Sat. Fat 1 g	6%	**Sodium** 54 mg	2%	Fiber 1 g	3%	**Vitamin C**	0%	**Iron**	3%
Protein 2 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

CRISP GINGER COOKIES

Yield: 8 dozen cookies
Oven: 375°F *Bake:* 8–10 minutes

Ingredient	*Amount*	*Procedure*
Molasses Sugar, granulated	1 cup 8 oz	Combine molasses and sugar. Boil 1 minute. Cool.
Shortening	8 oz	Place shortening and molasses in mixer bowl. Blend on medium speed, using flat beater.
Eggs	2 (4 oz)	Add eggs and mix thoroughly.
Flour, all-purpose Salt Baking soda Ginger, ground	1 lb 12 oz (or more) ½ tsp 1 tsp 2 tsp	Combine dry ingredients. Add to molasses-egg mixture. Mix on low speed until well blended.
		Form dough into two rolls 2 inches in diameter. Wrap in waxed paper. Chill thoroughly. Cut into ⅛-inch slices. Place on lightly greased baking sheets. Bake at 375°F for 8–10 minutes.

Approximate nutritive values per cookie									**Calories** 70
Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 3 g	**4%**	**Cholest.** 5 mg	**2%**	**Total Carb.** 11 g	**4%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 1 g	**3%**	**Sodium** 26 mg	**1%**	Fiber 0.2 g	**1%**	**Vitamin C**	**0%**	**Iron**	**3%**
Protein 1 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note • Dough may be rolled and cut with cookie cutter.

OATMEAL CRISPIES

Yield: 8 dozen cookies
Oven: 350°F *Bake:* 12–15 minutes

Ingredient	*Amount*	*Procedure*
Flour, all-purpose Salt Baking soda	12 oz 2 tsp 2 tsp	Combine flour, salt, and soda in mixer bowl.
Shortening Sugar, granulated Sugar, brown Eggs Vanilla	1 lb 1 lb 1 lb 4 (7 oz) 2 tsp	Add shortening, sugar, eggs, and vanilla to flour mixture. Mix on low speed about 5 minutes, using flat beater.
Rolled oats, quick, uncooked Nuts, chopped	1 lb 8 oz	Add rolled oats and nuts. Mix on low speed to blend. Shape dough into three 2-lb rolls, 2 inches in diameter. Wrap in waxed paper and chill.
		Cut dough into slices ¼ inch thick. Place 2 inches apart on ungreased baking sheets. Bake at 350°F for 12–15 minutes.

Approximate nutritive values per cookie									**Calories** 126
Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 6 g	**10%**	**Cholest.** 9 mg	**3%**	**Total Carb.** 16 g	**5%**	**Vitamin A**	**0%**	**Calcium**	**1%**
Sat. Fat 1 g	**7%**	**Sodium** 76 mg	**3%**	Fiber 0.3 g	**1%**	**Vitamin C**	**0%**	**Iron**	**3%**
Protein 2 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note • For smaller cookies form into four 1½-inch rolls and slice ⅛ inch thick. Yield: approximately 25 dozen.

Variation • **Oatmeal Coconut Crispies.** Add 1 cup flaked coconut.

ROLLED SUGAR COOKIES

Yield: 10 dozen cookies *Portion:* 2-inch cookie
Oven: 375°F *Bake:* 7 minutes

Ingredient	*Amount*	*Procedure*
Margarine or butter Sugar, granulated	1 lb 1 lb	Cream margarine and sugar on medium speed for 5 minutes, using flat beater.
Eggs Vanilla	4 (7 oz) 1 Tbsp	Add eggs and vanilla to creamed mixture. Blend on medium speed for 2 minutes.
Flour, all-purpose Salt Baking powder	1 lb 8 oz 2 tsp 2 tsp	Combine dry ingredients. Add to creamed mixture. Mix on low speed until blended.
Flour, all-purpose Sugar, granulated	4 oz 2 oz	Mix flour and sugar. Roll dough ⅛ inch thick on a surface that has been lightly dusted with flour-sugar mixture. Cut into desired shapes. Place on ungreased baking sheets. Bake at 375°F for 7 minutes or until lightly browned.

Approximate nutritive values per cookie **Calories** 71

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	5%	**Cholest.** 7 mg	2%	**Total Carb.** 9 g	3%	**Vitamin A**	1%	**Calcium**	0%
Sat. Fat 1 g	3%	**Sodium** 78 mg	3%	Fiber 0.2 g	1%	**Vitamin C**	0%	**Iron**	1%
Protein 1 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Christmas Wreath Cookies.** Cut rolled dough with doughnut cutter. Brush with beaten egg and sprinkle with chopped nuts. Decorate with candied cherry rings and pieces of citron arranged to represent holly.
- **Coconut Cookies.** Cut rolled dough with round cookie cutter. Brush with melted margarine or butter and sprinkle with shredded coconut, plain or tinted with food coloring.
- **Filled Cookies.** Cut dough with round cutter. Cover half with Fig or Date Filling (p. 197). Brush edges with milk and cover with remaining cookies. Press edges together with tines of fork.
- **Pinwheel Cookies.** Divide dough into two portions. Add 2 oz melted unsweetened chocolate to one portion. Roll each portion into the same size sheet, ⅛ inch thick. Place chocolate dough over the white dough and press together. Roll as for jelly roll. Chill thoroughly. Cut into thin slices.

PIE RECIPES

PASTRY

Yield: 50 lb dough

Ingredient	*Amount*	*Procedure*
Flour, all-purpose Shortening, hydrogenated	25 lb 18 lb	Mix flour and shortening on low speed, using flat beater. Mix until fat particles are the size of small peas for a flaky crust. For a mealy crust, mixture should resemble cornmeal.
Ice water Salt	3¾ qt 12 oz	Add water and salt to flour-fat mixture. Mix on low speed only until dough will hold together.

Approximate nutritive values per pound — **Calories** 2268

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 166 g	**255%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 173 g	**58%**	**Vitamin A**	**0%**	**Calcium**	**5%**
Sat. Fat 41 g	**206%**	**Sodium** 2643 mg	**110%**	Fiber 6 g	**25%**	**Vitamin C**	**0%**	**Iron**	**58%**
Protein 23 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- For seven 9-inch one-crust pies, use 4 lb; for seven 9-inch two-crust pies, use 7 lb. See pp. 224–226 for directions for preparation.
- For eight 8-inch one-crust pies, use 2 lb 8 oz; for eight 8-inch two-crust pies, use 4 lb 8 oz. See pp. 224–226 for directions for preparation.

PASTRY FOR ONE-CRUST PIES

Yield: 56 portions or 4 lb dough or 7 9-inch pies *Portion:* 8 pieces per pie

Ingredient	*Amount*	*Procedure*
Flour, all-purpose Shortening, hydrogenated	2 lb 1 lb 6 oz	Mix flour and shortening on low speed for 1 minute, using pastry knife or flat beater. Scrape sides of bowl and continue mixing until shortening is evenly distributed, 1 to 2 minutes.
Ice water Salt	1–1¼ cups 1 oz (1½ Tbsp)	Dissolve salt in smaller amount of water (use reserved amount of water if needed). Add to flour mixture. Mix on low speed only until a dough is formed, about 40 seconds. Portion into 9-oz balls for 9-inch pies. See Note for 8-inch pies.

To Make a One-Crust Pie:

1. Roll dough into a circle 2 inches larger than pie pan.
2. Fit pastry loosely into pan so that there are no air spaces between the crust and pan (Figure 5.4).
3. Trim, allowing ½ inch extra to build up edge.
4. For custard-type pie, crimp edge, add filling, and bake according to the recipe.
5. For cream or chiffon pies, crimp edge (Figure 5.4) and prick crust with fork. Bake according to directions that follow.
6. Bake in a hot oven (425°F) for 10 minutes or until light brown. Cool. A second pan may be placed over the crust for the first part of baking, then removed and the crust allowed to brown. The second pan helps to keep the crust in shape.
7. Fill baked crust with desired filling.

Approximate nutritive values per portion **Calories** 157

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	17%	**Cholest.** 0 mg	0%	**Total Carb.** 12 g	4%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 3 g	14%	**Sodium** 172 mg	7%	Fiber 0.4 g	2%	**Vitamin C**	0%	**Iron**	4%
Protein 2 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- For eight 8-inch pies, use 1 lb 3 oz flour, 13 oz shortening, 1 cup water, and 2½ tsp salt. Scale 5 oz for each crust. To serve, cut pies in six portions.

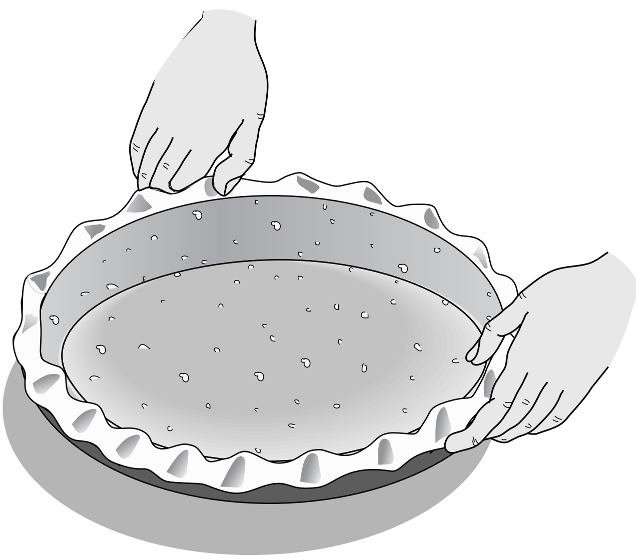


FIGURE 5.4 Preparing pastry for a baked pie shell. Holes are made in shells to keep them flat during baking.

PASTRY FOR TWO-CRUST PIES

Yield: 56 portions or 7 lb dough or 7 9-inch pies *Portion:* 8 pieces per pie

Ingredient	*Amount*	*Procedure*
Flour, all-purpose Shortening, hydrogenated	3 lb 6 oz 2 lb 7 oz	Mix flour and shortening on low speed for 1 minute, using pastry knife or flat beater. Scrape sides of bowl and continue mixing until shortening is evenly distributed, 1–2 minutes.
Ice water Salt	1¾–2 cups 1¾ oz (2½ Tbsp)	Dissolve salt in smaller amount of water (use reserved amount of water if needed). Add to flour mixture. Mix on low speed only until a dough is formed, about 40 seconds. Portion into 9-oz balls for bottom crust and 7-oz for top crust. See Notes for 8-inch pies.

To Make a Two-Crust Pie:

1. Roll each ball of dough into a circle. Place pastry for bottom crust in pie pans, easing into pans without stretching the dough.
2. Trim off overhanging dough. If desired, leave ½ inch extra pastry around the edge and fold over to make a pocket of pastry to prevent fruit juices from running out.
3. Add desired filling.
4. Moisten edge of bottom crust with water (Figure 5.5).
5. Cover with top crust, in which slits or vents have been cut near the center to allow steam to escape.
6. Trim top pastry to extend ½ inch beyond edge of pan.
7. Fold edge of top pastry under edge of lower pastry, then seal by pressing the two crusts together and fluting with fingertips.
8. If desired, brush top crusts with milk and sprinkle with sugar.
9. Bake as directed in the recipe.

Approximate nutritive values per portion **Calories** 275

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 20 g	31%	**Cholest.** 0 mg	0%	**Total Carb.** 21 g	7%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 5 g	25%	**Sodium** 286 mg	12%	Fiber 1 g	3%	**Vitamin C**	0%	**Iron**	7%
Protein 3 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- For eight 8-inch pies, use 2 lb flour, 1 lb 8 oz shortening, 1½–1¾ cups water, and 1 oz (1½ Tbsp) salt. Scale 5 oz for bottom crust and 4 oz for top crust. To serve, cut into six portions.
- Using scrap dough is often necessary. Using no more than 50 percent of scrap dough and restricting its use to bottom crusts is recommended. Care must be taken to handle the dough as little as possible.

Variation

- **Cheddar Cheese Pastry.** Use 2 lb 8 oz flour, 1 lb 13 oz shortening, 1 lb 14 oz shredded cheddar cheese, ¾ cup water, and 1½ oz salt. Add cheese after flour and shortening have been mixed.

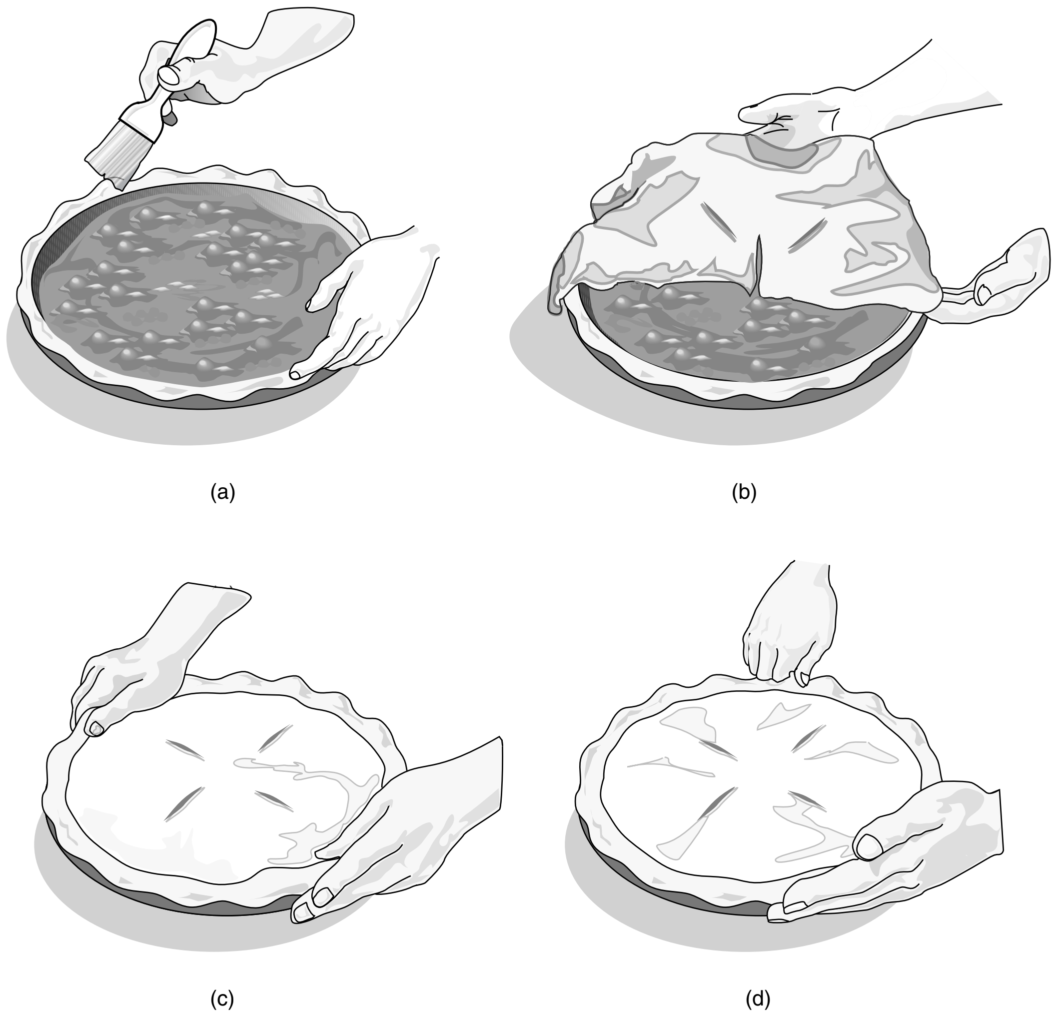


FIGURE 5.5 Preparing pastry for a two-crust pie. (a) Moistening edge of crust. (b) Placing top crust on filled pie. (c) Pressing top crust to seal tightly. (d) Fluting edge of pie.

GRAHAM CRACKER CRUST

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 375°F *Bake:* 5 minutes

Ingredient	*Amount*	*Procedure*
Graham cracker crumbs	2 lb	Mix all ingredients.
Sugar, granulated	15 oz	Pat 9 oz crumb mixture evenly into each pie pan. For 8-inch crusts, see Notes.
Margarine, melted	15 oz	Bake at 375°F for about 5 minutes.

Approximate nutritive values per portion **Calories** 155

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 8 g	**12%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 20 g	**7%**	**Vitamin A**	**7%**	**Calcium**	**0%**
Sat. Fat 1 g	**6%**	**Sodium** 169 mg	**7%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**2%**
Protein 1 g				Sugars 7 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- For eight 8-inch shells, use 1 lb 5 oz crumbs, 10 oz sugar, and 10 oz melted margarine. Portion 5 oz per shell.
- Vanilla wafer crumbs or chocolate cookie crumbs may be substituted for graham cracker crumbs.
- Crusts may be refrigerated several hours instead of baking.

Variation

- **Chocolate Crumb Crust.** Add 6 oz cocoa to graham cracker crumbs and sugar. Mix, then add melted margarine.

MERINGUE FOR PIES

Yield: 56 portions or meringue for 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 375°F *Bake:* 10–12 minutes

Ingredient	*Amount*	*Procedure*
Pasteurized egg whites, at room temperature Salt Cream of tartar	16 (2 cups/1 lb) ½ tsp ½ tsp	Add salt and cream of tartar to egg whites. Whip past frothy stage, on high speed, approximately 1½ minutes, using wire whip attachment.
Sugar, granulated	1 lb	Add sugar gradually while beating. Beat until sugar has dissolved. The meringue should be stiff enough to hold peaks but not dry.
		Spread meringue on filled pies while filling is hot, 5–6 oz per pie. The meringue should touch all edges of the crust. Brown in oven at 375°F for 10–12 minutes or until golden brown.

Approximate nutritive values per portion **Calories** 36

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 8 g	3%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 33 mg	1%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	0%
Protein 1 g				Sugars 8 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- For 8-inch pies, use 4 oz per pie.
- For proper volume, egg whites must have no yolk mixed in them, and the beater and bowl must be free of any trace of fat. Even a small trace of fat will prevent the whites from foaming properly.
- Egg whites should be at room temperature before beating. The meringue will be higher and lighter.
- For food safety reasons, pasteurized egg whites are recommended.

MERINGUE SHELLS

Yield: 50 shells *Portion:* 3 oz
Oven: 275°F *Bake:* 1 hour

Ingredient	*Amount*	*Procedure*
Egg whites Salt Cream of tartar	28 (3 cups/1 lb 8 oz) 1 tsp 1 tsp	Add salt and cream of tartar to egg whites. Beat on high speed until frothy, using wire whip attachment.
Sugar, granulated	3 lb	Add sugar ½ cup at a time, beating on high speed between each addition until sugar is dissolved and mixture will hold its shape, 20–30 minutes.
		Place mixture on greased and floured baking sheets with No. 10 dipper and shape into nests with spoon; or place on pans with pastry tube. Bake at 275°F for about 1 hour. Watch carefully the last 15–20 minutes to avoid overcooking. Meringues should be white, not brown. If overcooked, they are too brittle. Serve ice cream or fruit in the center.

Approximate nutritive values per portion **Calories** 112

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 27g	9%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 65 mg	3%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	0%
Protein 1 g				Sugars 26 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Angel Pie.** Place meringue in well-greased and floured pie pans, about 1¼ qt per pan. Use spoon to build up sides. After baking, fill each shell with 3 cups Cream Pie filling (p. 235), Lemon Pie filling (p. 237), or Chocolate Cream Pie filling (p. 235). Then top with a thin layer of whipped cream.
- **Meringue Sticks.** Force mixture through pastry tube to form sticks. Sprinkle with chopped nuts. Bake.

PIES MADE WITH CANNED FRUIT

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 400°F *Bake:* 30 minutes

Ingredient	*Amount*	*Procedure*
Pastry for Two-Crust Pies (p. 225)	7 lb	Make pastry. Divide into 9-oz balls for bottom crust and 7-oz balls for top crusts. Roll and place bottom crusts in seven 9-inch pie pans. For 8-inch pies, see Notes.
Fruit, pie pack	2 No. 10 cans	Drain fruit. Measure liquid and add water to make 2 qt. Bring 1½ qt of the liquid to boiling point.
Cornstarch	8 oz	Mix remaining liquid with cornstarch and add gradually to hot liquid, while stirring with a wire whip. Cook until thick and clear.

Sugar, granulated Salt	3 lb 8 oz 2 tsp	While still hot, add sugar and salt. Mix thoroughly and bring to boiling point. Add drained fruit and mix carefully to avoid breaking or mashing fruit. Cool slightly.
		Scale 1 lb 12 oz–2 lb (3½–4 cups) filling into each unbaked pie shell. Moisten edge of bottom crust with water. Cover with top crust. Seal edge, trim, and flute edges (Figure 5.5). Bake at 400°F for 30 minutes or until crust is browned.

Notes

- For eight 8-inch pies, make 4 lb 8 oz dough for crusts and portion into 5 oz for bottom crust and 4 oz for top crust. For filling, use 1½ No. 10 cans fruit, 3 lb sugar (variable), 6 oz cornstarch, and 1½ tsp salt. Drain liquid from fruit and add water to make 1½ qt liquid. Scale 1 lb–1 lb 8 oz (approximately 3 cups) filling per pie.
- Suggested fillings: apple, apricot, blackberry, cherry, gooseberry, or peach.
- Other thickening agents may be used, such as waxy maize (6 oz total for 9-inch or 4½ oz total for 8-inch pies) or tapioca (9 oz total for 9-inch or 7½ oz total for 8-inch pies).

PIES MADE WITH FROZEN FRUIT

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 400°F *Bake:* 30–40 minutes

Ingredient	*Amount*	*Procedure*
Pastry for Two-Crust Pies (p. 225)	7 lb	Make pastry. Divide into 9-oz balls for bottom crust, 7-oz balls for top crust. Roll and place bottom crusts in seven 9-inch pie pans. For 8-inch pies, see Notes.
Fruit, frozen	10 lb	Thaw fruit. Measure juice. If necessary, add water to bring total liquid to 1½–2 qt according to consistency desired.
Sugar, granulated Cornstarch or waxy maize (see Notes)	See Table 5.3 See Table 5.3	Combine sugar and starch. Add to hot liquid, stirring with wire whip.
Seasonings	See Table 5.3	Add seasonings to thickened liquid and pour over fruit. Mix carefully to avoid breaking or mashing fruit.
		Scale 1 lb 12 oz–2 lb (3½–4 cups) filling into each unbaked pie shell. Moisten edge of bottom crust with water. Cover with top crust in which slits have been made for steam to escape. Seal edge, trim and flute edges (see Figure 5.5). Bake at 400°F for 30–40 minutes or until fruit is done and crust is golden brown.

Notes

- Allow 2–3 oz cornstarch or 2–2½ oz waxy maize per qt of liquid. Use of waxy maize or other waxy starch products results in a translucent soft gel through which the fruit shows clearly. The color is brighter and the gel is less opaque and less rigid, making it ideal for thickening fruit fillings. It is important to use a waxy starch if the pies are to be frozen.
- For eight 8-inch pies, use 4 lb 8 oz pastry, portioned 5 oz for bottom crust and 4 oz for top crust. Portion 1 lb–1 lb 8 oz (approximately 3 cups) filling per pie.

TABLE 5.3 Guide for Using Frozen Fruit in Pies or Cobblers (Seven 9-inch Pies)

		Thickening		
Fruit 10 lb	***Sugar****	***Cornstarch***[a]	***Waxy maize***[a]	***Seasonings***
Apples	1 lb 8 oz	3 oz	2½ oz	Salt, 1 tsp; nutmeg, 1 tsp; cinnamon, 1 Tbsp; butter, 2 oz
Apricots	2 lb	5½ oz	4 oz	Cinnamon, 2 tsp
Berries	2½–3½ lb	6½ oz	5 oz	Lemon juice, 2 Tbsp; salt, 1 tsp
Blueberries	3 lb	8 oz	6 oz	Salt, 1 tsp; butter, 2 oz; lemon juice, 1½ cups; cinnamon, 1 tsp
Blue plums	2–2½ lb	5½ oz	4 oz	Salt, 1 tsp; butter, 2 oz
Cherries	1 lb 12 oz	7 oz	5 oz	Salt, 1 tsp
Gooseberries	6 lb	14 oz	10 oz	Salt, ½ tsp
Peaches	1 lb 6 oz	5½ oz	4 oz	Butter, 1 oz; salt, 1 tsp; almond extract, ¼ tsp; cinnamon, 1 tsp; nutmeg, 1 tsp
Pineapple	2 lb	5½ oz	4 oz	Salt, 1 tsp
Rhubarb	5 lb	7 oz	5 oz	Salt, 1 tsp
Strawberries	2 lb	12 oz	8½ oz	Lemon juice, ¾ cup; red color, ¾ tsp

*The amount of sugar and cornstarch or waxy maize added to the fruit will vary according to the pack of the fruit and individual preferences of flavor and consistency. Frozen fruits packed without the addition of sugar are known as "dry pack." When sugar is added during the freezing process, the ratio is usually 3, 4, or 5 parts by weight of fruit to 1 part by weight of sugar. Use less thickening for cobblers. Some fruits are available individually quick frozen (IQF) without added sugar.

FRESH APPLE PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 400°F *Bake:* 45 minutes

Ingredient	*Amount*	*Procedure*
Pastry for Two-Crust Pies (p. 225)	7 lb	Make pastry. Divide into 9-oz balls for bottom crust, 7-oz balls for top crust. Roll and place bottom crusts in seven 9-inch pie pans. For 8-inch pies, see Notes.
Apples, tart, fresh	12 lb (EP) 15 lb (AP)	Peel, core, and slice apples.
Sugar, granulated Flour, all-purpose Cinnamon	3 lb 4 oz 1 Tbsp	Combine sugar, fruit, and cinnamon. Add to apples and mix carefully.
Margarine	8 oz	Portion 2 lb 4 oz filling into each unbaked crust. Add 1 oz margarine to each pie. Moisten edge of bottom crust. Cover with perforated top crust. Seal edge, trim excess dough, and flute edges (see Figure 5.5). Bake at 400°F for 45 minutes or until apples are tender.

Approximate nutritive values per portion — **Calories** 462

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 24 g	36%	**Cholest.** 0 mg	0%	**Total Carb.** 62 g	21%	**Vitamin A**	1%	**Calcium**	1%
Sat. Fat 6 g	28%	**Sodium** 326 mg	14%	Fiber 3 g	12%	**Vitamin C**	9%	**Iron**	8%
Protein 3 g				Sugars 37 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- For eight 8-inch pies, use 4 lb 8 oz dough for crust and portion 5 oz for bottom crust and 4 oz for top crust. Portion filling, 2 lb per pie.
- Suggested apples are Jonathan, Granny Smith, and Winesap. Frozen (IQF) apples may be substituted for fresh apples.

Variation

- **Apple Crumb Pie.** Omit top crust. Sprinkle apples with **Streusel Topping:** Mix 1 lb flour, 1 lb 10 oz sugar, 2 oz nonfat dry milk, and 1 tsp salt. Cut in 10 oz margarine or butter and add 6 oz chopped pecans. Use 1 cup per pie. Bake until apples are tender and topping is brown.

SOUR CREAM APPLE NUT PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 450°F, 350°F *Bake:* 10 minutes, 55 minutes

Ingredient	*Amount*	*Procedure*
Pastry for One-Crust Pies (p. 224)	4 lb	Make pastry. Line seven 9-inch pie pans, 9 oz per pan. For 8-inch pies, see Note.
Sour cream Sugar, granulated Flour, all-purpose Eggs Vanilla Salt	3 lb 8 oz 6 oz 4 (6 oz) 2 Tbsp 1 tsp	Combine and mix until thoroughly blended.
Frozen sliced apples	8 lb 8 oz	Combine apples and sour cream mixture, being careful not to break apples.
		Scale 1 lb 12 oz filling into each unbaked crust. Bake at 450°F for 10 minutes. Reduce temperature to 350°F and continue baking until filling is slightly puffed and golden brown, about 40 minutes.
Topping		
Flour, all-purpose Sugar, brown Sugar, granulated Cinnamon	5 oz 4 oz 5 oz 2 Tbsp	Combine flour, sugars, and cinnamon.
Margarine	5 oz	Add margarine to dry ingredients. Mix until crumbly.
Walnuts, coarsely chopped	8 oz	Add nuts. Mix in. Scale 3½ oz topping over each pie and bake for 15 minutes.

Approximate nutritive values per portion **Calories** 345

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 21 g	33%	**Cholest.** 24 mg	8%	**Total Carb.** 36 g	12%	**Vitamin A**	7%	**Calcium**	4%
Sat. Fat 7 g	33%	**Sodium** 254 mg	11%	Fiber 2 g	9%	**Vitamin C**	0%	**Iron**	8%
Protein 5 g				Sugars 7 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- For eight 8-inch pies, use 2 lb 8 oz dough portioned 5 oz per pie. For filling, scale apple mixture 1 lb 8 oz per pie and topping 3 oz per pie.

RAISIN PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 400°F *Bake:* 30 minutes

Ingredient	*Amount*	*Procedure*
Pastry for Two-Crust Pies (p. 225)	7 lb	Make pastry. Divide into 9-oz balls for bottom crust, 7-oz balls for top crust. Roll and place bottom crusts in seven 9-inch pie pans. For 8-inch pies, see Note.
Raisins Water, hot	4 lb 4½ qt	Simmer raisins in water until plump. Cool slightly.
Sugar, granulated Cornstarch Salt	2 lb 4 oz 6 oz 2 tsp	Combine sugar, cornstarch, and salt. Add to raisins and cook until thickened. Remove from heat.
Lemon juice Margarine	6 Tbsp 3 oz	Add lemon juice and margarine to raisin mixture. Cool slightly.
		Portion 2 lb 4 oz (3½–4 cups) filling into each unbaked crust. Moisten edge of bottom crust. Cover with perforated top crust. Seal edge, trim excess dough, and flute edges (see Figure 5.5). Bake at 400°F for 30 minutes or until crust is golden brown.

Approximate nutritive values per portion **Calories** 465

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 21 g	**33%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 68 g	**23%**	**Vitamin A**	**0%**	**Calcium**	**2%**
Sat. Fat 5 g	**26%**	**Sodium** 384 mg	**16%**	Fiber 2 g	**10%**	**Vitamin C**	**2%**	**Iron**	**10%**
Protein 4 g				Sugars 39 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- For eight 8-inch pies, use 4 lb 8 oz dough, portioned 5 oz for bottom crust and 4 oz for top crust. For filling, portion 1 lb 14 oz (3–3½ cups) filling per pie.

Variation

- **Dried Apricot Pie.** Use 5 lb dried apricots. Cover with hot water; let stand 1 hour. Cook slowly without stirring until tender. Combine 4 lb granulated sugar and 2½ oz cornstarch. Mix with ½ cup cold water. Add to fruit a few minutes before it is done. Continue cooking until juice is clear. Proceed as for Raisin Pie.

RHUBARB PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 400°F *Bake:* 35 minutes

Ingredient	Amount	Procedure
Rhubarb, fresh or frozen	10 lb (EP)	If fresh rhubarb is used, wash and trim. Do not peel. Cut in 1-inch pieces.
Sugar, granulated Tapioca, quick-cooking Salt Orange peel, grated	5 lb 8 oz 6 oz 2 tsp 3 Tbsp	Combine and stir into rhubarb. Let stand 30 minutes.
Pastry for Two-Crust Pies (p. 225)	7 lb	Make pastry. Divide into 9-oz balls for bottom crust, 7-oz balls for top crust. Roll and place bottom crusts in seven 9-inch pie pans, 9 oz per pan. For 8-inch pies, see Notes.
Margarine, melted	5 oz	Portion 2 lb 4 oz filling into each unbaked crust. Distribute margarine over filling in each pie. Moisten edges with cold water. Cover with top crust or pastry strips. Press edges together. Bake at 400°F for 35 minutes or until crust is golden brown and fruit is tender.

Approximate nutritive values per portion **Calories** 494

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 22 g	34%	**Cholest.** 0 mg	0%	**Total Carb.** 72 g	24%	**Vitamin A**	1%	**Calcium**	7%
Sat. Fat 5 g	27%	**Sodium** 391 mg	16%	Fiber 2 g	9%	**Vitamin C**	11%	**Iron**	8%
Protein 4 g				Sugars 44 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- For eight 8-inch pies, use 4 lb 8 oz dough portioned 5 oz for bottom crust and 4 oz for top crust. Scale 1 lb 14 oz filling per pie.
- 8 oz cornstarch or 5 oz waxy maize starch may be substituted for the tapioca.

RHUBARB CUSTARD PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 375°F *Bake:* 45–50 minutes

Ingredient	*Amount*	*Procedure*
Pastry for One-Crust Pies (p. 224)	4 lb	Make pastry. Line seven 9-inch pie pans, 9 oz per pan. Flute edges. For 8-inch pies, see Notes.
Rhubarb, fresh or frozen	8 lb (EP)	If fresh rhubarb is used, wash and trim. Do not peel. Cut into ¼-inch pieces.
Eggs, beaten	12 (1 lb 5 oz)	Add eggs to rhubarb.
Sugar, granulated Flour, all-purpose Salt Lemon peel, grated	4 lb 8 oz 9 oz 1 tsp 1 tsp	Mix dry ingredients. Add to rhubarb mixture. Scale 2 lb (4½ cups) filling into each unbaked crust. Bake at 375°F for 45–50 minutes or until custard is set. Cool. Refrigerate if not served within 4 hours.

Approximate nutritive values per portion **Calories** 345

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 13 g	19%	**Cholest.** 45 mg	15%	**Total Carb.** 55 g	18%	**Vitamin A**	2%	**Calcium**	6%
Sat. Fat 3 g	16%	**Sodium** 227 mg	9%	Fiber 2 g	7%	**Vitamin C**	8%	**Iron**	7%
Protein 4 g				Sugars 36 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at temperature below 41°F.
- For eight 8-inch pies, use 2 lb 8 oz dough, portioned 5 oz per pie. Use 1 lb 12 oz filling per pie.
- May be topped with Meringue (p. 227).
- Unbaked pie may be covered with a top crust or a latticed top made of ⅛-inch pastry strips.

CREAM PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 425°F for pastry, 375°F for meringue *Bake:* 10 minutes, 12 minutes

Ingredient	Amount	Procedure
Pastry for One-Crust Pies (p. 224)	4 lb	Make pastry. Line seven 9-inch pie pans, 9 oz per pan. For 8-inch pies, see Note. Flute edges and prick crust with fork (Figure 5.4). Bake at 425°F for 10 minutes or until light brown. Cool.
Milk	3¾ qt	Heat milk to boiling point in a steam-jacketed or other large kettle.
Sugar, granulated Cornstarch Salt Milk, cold	2 lb 12 oz 13 oz 2½ tsp 1¼ qt	Mix sugar, cornstarch, and salt. Add cold milk and stir until smooth. Add to hot milk gradually, stirring briskly with a wire whip. Cook until smooth and thick, approximately 10 minutes.
Egg yolks, beaten	20 (13 oz)	Add, while stirring, a small amount of hot mixture to the egg yolks. Add to remaining hot mixture, stirring constantly. Stir slowly and cook 5–10 minutes. Remove from heat.
Margarine Vanilla	5 oz 2½ Tbsp	Stir in margarine and vanilla. Pour 2 lb (4 cups) filling into each baked pie shell.
Egg whites Salt Sugar, granulated Cream of tartar	20 (1 lb 6 oz) ½ tsp 1 lb 4 oz ½ tsp	Prepare Meringue (p. 227). Cover each filled pie with 5 oz meringue. Bake at 375°F for 10–12 minutes or until meringue is golden brown. Cool quickly (within 4 hours) to below 41°F. Refrigerate until served.

Approximate nutritive values per portion **Calories** 397

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 17 g	**26%**	**Cholest.** 40 mg	**13%**	**Total Carb.** 55 g	**18%**	**Vitamin A**	**5%**	**Calcium**	**11%**
Sat. Fat 5 g	**26%**	**Sodium** 380 mg	**16%**	Fiber 0.5 g	**2%**	**Vitamin C**	**1%**	**Iron**	**5%**
Protein 7 g				Sugars 36 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at temperature below 41°F.
- For eight 8-inch pies, use 2 lb 8 oz dough, portioned 5 oz per pie. Use 1 lb 12 oz (3½ cups) filling per pie.

Variations

- **Banana Cream Pie.** Slice 1 large banana into each pie shell before adding cream filling.
- **Chocolate Cream Pie.** Add 6 oz cocoa or 8 oz unsweetened chocolate. Increase sugar to 3 lb. If using cocoa, mix with cornstarch and sugar. If using chocolate, melt and add to hot milk.
- **Coconut Cream Pie.** Add 10 oz toasted coconut to filling and sprinkle 2 oz coconut over meringue.
- **Date Cream Pie.** Add 3 lb chopped, pitted dates to cooked filling.
- **Fruit Glazed Pie.** Use frozen blueberries, strawberries, or cherries. Thaw 6 lb frozen fruit and drain. Measure 1 qt fruit syrup, adding water if needed to make that amount. Add slowly to a mixture of 6 oz sugar, 4 oz cornstarch, and ¾ cup lemon juice if using blueberries, strawberries or sweet cherries or ¾ cup additional water if using sour cherries. Cook until thick and clear. Cool slightly. Add drained fruit. Spread over cream pies.
- **Nut Cream Pie.** Add ½ cup chopped pecans or other nuts.
- **Pineapple Cream Pie.** Add 3½ cups crushed pineapple, drained, to cooked filling.

BUTTERSCOTCH CREAM PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 425°F for pastry, 375°F for meringue *Bake:* 10 minutes, 12 minutes

Ingredient	*Amount*	*Procedure*
Pastry for One-Crust Pies (p. 224)	4 lb	Make pastry. Line seven 9-inch pie pans, 9 oz per pan. For 8-inch pies, see Notes. Flute edges and prick crust with fork (Figure 5.4). Bake at 425°F for 10 minutes or until light brown.
Margarine Sugar, brown	1 lb 2 lb 8 oz	Melt margarine. Stir in sugar. Cook over low heat to 220°F, stirring occasionally.
Milk	3 qt	Add milk slowly to margarine-sugar mixture while stirring with wire whip. Stir until all sugar is dissolved. Heat mixture to boiling.
Cornstarch Flour, all-purpose Salt	6 oz 6 oz 1 Tbsp	Combine cornstarch, flour, and salt.
Milk, warm Eggs, whole Egg yolks	1 qt 5 (9 oz) 10 (6 oz)	Combine milk and eggs. Add to cornstarch and flour mixture and mix. Add to the hot mixture while stirring. Cook until thick. Remove from heat.
Margarine Vanilla	4 oz 2 Tbsp	Add margarine and vanilla. Cool partially. Fill baked pie shells, 1 lb 12 oz (3½ cups) per pie.
Egg whites Salt Sugar, granulated Cream of tartar	16 (1 lb 2 oz) ½ tsp 1 lb ½ tsp	Prepare Meringue (p. 227). Cover each filled pie with 5 oz meringue. Bake at 375°F for 10–12 minutes, or until meringue is golden brown. Cool quickly (within 4 hours) to temperature below 41°F. Refrigerate until served.

Approximate nutritive values per portion **Calories** 427

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 23 g	36%	**Cholest.** 68 mg	23%	**Total Carb.** 49 g	16%	**Vitamin A**	12%	**Calcium**	11%
Sat. Fat 6 g	31%	**Sodium** 465 mg	19%	Fiber 0.5 g	2%	**Vitamin C**	1%	**Iron**	8%
Protein 6 g				Sugars 12 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at temperature below 41°F.
- For eight 8-inch pies, use 2 lb 8 oz dough portioned 5 oz per pie. Use 1 lb 8 oz (3 cups) filling per pie.
- Recipe may be used for pudding. Omit flour and increase cornstarch to 8 oz.

LEMON PIE

Yield: 56 portions or 7 9-inch pies — *Portion:* 8 pieces per pie
Oven: 425°F pastry, 375°F meringue — *Bake:* 10 minutes, 12 minutes

Ingredient	Amount	Procedure
Pastry for One-Crust Pies (p. 224)	4 lb	Make pastry. Line seven 9-inch pie pans, 9 oz per pan. For 8-inch pies, see Note. Flute edges and prick bottom and sides of crust with fork. Bake at 425°F for 10 minutes or until light brown.
Water Salt Lemon rinds, grated	2¼ qt 2 tsp 3	Heat water, salt, and lemon peel to boiling point.
Sugar, granulated Cornstarch Water, cold	3 lb 8 oz 12 oz 3 cups	Mix sugar and cornstarch. Add cold water and stir until mixed. Add slowly to boiling water, stirring constantly with wire whip. Cook until thickened and clear. Remove from heat.
Egg yolks, beaten	16 (1½ cups)	Add, while stirring, a small amount of hot mixture to egg yolks. Add to remaining hot mixture, stirring constantly. Return to heat and cook about 5 minutes. Remove from heat.
Margarine Lemon juice	3 oz 1½ cups	Add margarine and lemon juice. Blend. Scale into baked pie shells, 1 lb 10 oz (3½ cups) per pie.
Egg whites Salt Sugar, granulated Cream of tartar	16 (1 lb 2 oz) ½ tsp 1 lb ½ tsp	Prepare Meringue (p. 227). Cover each pie with 5 oz meringue. Bake at 375°F for 10–12 minutes, or until meringue is golden brown. Cool quickly (within 4 hours) to temperature below 41°F. Refrigerate until served.

Approximate nutritive values per portion — **Calories** 355

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 14 g	**22%**	**Cholest.** 61 mg	**20%**	**Total Carb.** 55 g	**18%**	**Vitamin A**	**9%**	**Calcium**	**1%**
Sat. Fat 4 g	**18%**	**Sodium** 302 mg	**13%**	Fiber 0.5 g	**2%**	**Vitamin C**	**3%**	**Iron**	**5%**
Protein 3 g				Sugars 36 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at temperature below 41°F.
- For eight 8-inch pies, use 2 lb 8 oz dough portioned 5 oz per pie. Use 3 cups filling per pie.

CUSTARD PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 450°F, 350°F *Bake:* 15 minutes, 20 minutes

Ingredient	*Amount*	*Procedure*
Pastry for One-Crust Pies (p. 224)	4 lb	Make pastry. Line seven 9-inch pie pans, 9 oz per pan. For 8-inch pies, see Notes. Flute edges.
Eggs Sugar, granulated Salt Vanilla	30 (3 lb 4 oz) 1 lb 14 oz 1¼ tsp 2½ Tbsp	Beat eggs slightly. Add sugar, salt, and vanilla. Mix.
Milk, scalded	1¼ gal	Add hot milk, slowly at first, then more rapidly. Pour into unbaked pie shells, 1 qt per pie.
Nutmeg, ground	2 tsp	Sprinkle nutmeg over top of pies. Bake at 450°F for 15 minutes. Reduce heat to 350°F and bake for 20 minutes, or until a knife inserted halfway between the edge and center comes out clean. Cool quickly (within 4 hours) to below 41°F. Refrigerate until served.

Approximate nutritive values per portion **Calories** 312

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 17 g	**26%**	**Cholest.** 124 mg	**41%**	**Total Carb.** 32 g	**11%**	**Vitamin A**	**8%**	**Calcium**	**12%**
Sat. Fat 5 g	**27%**	**Sodium** 296 mg	**12%**	Fiber 0.4 g	**2%**	**Vitamin C**	**1%**	**Iron**	**6%**
Protein 8 g				Sugars 19 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at temperature below 41°F.
- For eight 8-inch pies, use 2 lb 8 oz dough portioned 5 oz per pie. For filling, use 24 (2 lb 8 oz) eggs, 1 lb 8 oz sugar, 1 tsp salt, 2 Tbsp vanilla, and 1 gal milk, portioned 3 cups per pie.

Variation

- **Coconut Custard Pie.** Add 1 lb flaked coconut. Omit nutmeg.

PUMPKIN PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 450°F, 350°F *Bake:* 15 minutes, 30 minutes

Ingredient	*Amount*	*Procedure*
Pastry for One-Crust Pies (p. 224)	4 lb	Make pastry. Line seven 9-inch pie pans, 9 oz per pan. For 8-inch pies, see Notes. Flute edges.
Eggs, beaten Pumpkin	14 (1 lb 8 oz) 2½ qt (3 No. 2½ cans)	Combine eggs and pumpkin in mixer bowl.
Sugar, granulated Sugar, brown Ginger, ground Cinnamon, ground Salt	1 lb 12 oz 10 oz 1½ tsp 1½ Tbsp 1 Tbsp	Combine sugars and seasonings. Add to pumpkin mixture.
Milk, hot	2¾ qt	Add milk to pumpkin mixture. Mix. Pour into unbaked pie shells, 1 qt per pie. Bake at 450°F for 15 minutes. Reduce heat to 350°F and bake for 30 minutes, or until a knife inserted halfway between the edge and center comes out clean. Cook quickly (within 4 hours) to below 41°F. Refrigerate until served.

Approximate nutritive values per portion **Calories** 295

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 14 g	**22%**	**Cholest.** 58 mg	**19%**	**Total Carb.** 38 g	**13%**	**Vitamin A**	**100%**	**Calcium**	**8%**
Sat. Fat 4 g	**21%**	**Sodium** 329 mg	**14%**	Fiber 2 g	**7%**	**Vitamin C**	**3%**	**Iron**	**9%**
Protein 5 g				Sugars 16 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at temperature below 41°F.
- For eight 8-inch pies, use 2 lb 8 oz pastry portioned 5 oz per pie. Use 3½ cups filling per pie.
- Undiluted evaporated milk may be substituted for fresh milk.
- One pound chopped pecans may be sprinkled over tops of pies after 15 minutes of baking. Continue baking.

Variation

- **Praline Pumpkin Pie.** Mix 12 oz finely chopped pecans, 14 oz brown sugar, and 8 oz margarine or butter. Pat 4 oz of mixture into each unbaked pie shell before pouring in filling.

PECAN PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 350°F *Bake:* 40 minutes

Ingredient	*Amount*	*Procedure*
Pastry for One-Crust Pies (p. 224)	4 lb	Make pastry. Line seven 9-inch pie pans, 9 oz per pan. For 8-inch pies, see Note. Flute edges.
Sugar, granulated Margarine Salt	5 lb 5 oz 1 Tbsp	Cream sugar, margarine, and salt on medium speed until fluffy, using flat beater.
Eggs, beaten	30 (3 lb 4 oz)	Add eggs to creamed mixture and mix well.
Corn syrup, white Vanilla	1¼ qt 3 Tbsp	Add corn syrup and vanilla. Blend thoroughly.
Pecan halves or pieces	2 lb	Place 4½ oz pecans in each unbaked pie shell. Pour 1 lb 8 oz (3 cups) egg-sugar mixture over pecans. Bake at 350°F for 40 minutes, or until filling is set.

Approximate nutritive values per portion **Calories** 568

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 27 g Sat. Fat 5 g **Protein** 6 g	**41%** **25%**	**Cholest.** 112 mg **Sodium** 365 mg	**37%** **15%**	**Total Carb.** 78 g Fiber 1.5 g Sugars 54 g	**26%** **6%**	**Vitamin A** **Vitamin C**	**5%** **0%**	**Calcium** **Iron**	**3%** **14%**

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- For eight 8-inch pies, use 2 lb 8 oz pastry portioned 5 oz per pie. Use 2½ cups filling and 4 oz pecans per pie.

PECAN CREAM CHEESE PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 375°F, 350°F *Bake:* 10 minutes, 40–45 minutes

Ingredient	*Amount*	*Procedure*
Pastry for One-Crust Pies (p. 224)	4 lb	Make pastry. Line seven 9-inch pie pans, 5 oz per pan. For 8-inch pies, see Notes. Flute edges and prick crust with fork (Figure 5.4). Bake at 375°F for 10 minutes or until set. Cool.
Cream cheese, softened Sugar, granulated	3 lb 12 oz 1 lb	Combine cream cheese and sugar in mixer bowl. Beat on medium until smooth, using flat beater.
Eggs Salt Vanilla	7 (12 oz) 1 tsp 2 Tbsp	Add eggs, salt, and vanilla to creamed mixture. Beat until smooth. Spread 12 oz filling into each pie shell.
Pecan pieces	2 lb 3 oz	Sprinkle 5 oz pecans over cream cheese layer.
Eggs Sugar, brown Corn syrup Vanilla	11 (1 lb 4 oz) 8 oz 2 lb 8 oz 1 Tbsp	Combine eggs, sugar, corn syrup, and vanilla in mixer bowl. Mix until blended. Scale 10 oz (approximately 1 cup) over pecans. Bake at 350°F for 40–45 minutes. Cool. Refrigerate 6–8 hours before serving.

Approximate nutritive values per portion **Calories** 514

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 36 g	55%	**Cholest.** 103 mg	34%	**Total Carb.** 43 g	14%	**Vitamin A**	16%	**Calcium**	5%
Sat. Fat 11 g	55%	**Sodium** 337 mg	14%	Fiber 2 g	6%	**Vitamin C**	0%	**Iron**	14%
Protein 7 g				Sugars 19 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at temperature below 41°F.
- For eight 8-inch pies, use 2 lb 8 oz pastry portioned 5 oz per pie. For the filling, portion 11 oz cream cheese filling, 8 oz (1 cup) syrup mixture, and 4 oz pecans per pie.

CHOCOLATE CHIFFON PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 425°F pastry *Bake:* 10 minutes

Ingredient	*Amount*	*Procedure*
Pastry for One-Crust Pies (p. 224)	4 lb	Make pastry. Line seven 9-inch pie pans, 9 oz per pan. For 8-inch pies, see Notes. Flute edges and prick crust with a fork (Figure 5.4). Bake at 425°F for 10 minutes or until light brown.
Gelatin, unflavored Water, cold	1½ oz 1½ cups	Sprinkle gelatin over water. Let stand 10 minutes.
Unsweetened chocolate Water, boiling	8 oz 3 cups	Melt chocolate. Add hot water slowly. Stir until mixed. Add gelatin and stir until dissolved.
Egg yolks, beaten Sugar, granulated Salt	24 (1 lb) 1 lb 8 oz 1½ tsp	Combine egg yolks, sugar, and salt. Cook until mixture begins to thicken.
Vanilla	2 Tbsp	Add vanilla and chocolate to egg mixture. Chill until mixture begins to congeal.
Egg whites (see Notes) Sugar, granulated	24 (1 lb 12 oz) 1 lb 8 oz	Beat egg whites until frothy. Gradually add sugar and beat at high speed until meringue can be formed into soft peaks. Fold into chocolate mixture. Scale into baked pie shells, 1 lb (4 cups) per pie. Cool quickly (within 4 hours) to below 41°F. Refrigerate until served.
Cream, whipping Sugar, granulated	1 qt ¼ cup	Just before serving whip cream. Add sugar. Spread 1 cup whipped cream over each pie.

Approximate nutritive values per portion **Calories** 365

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 21 g	33%	**Cholest.** 123 mg	41%	**Total Carb.** 40 g	13%	**Vitamin A**	21%	**Calcium**	3%
Sat. Fat 8 g	39%	**Sodium** 263 mg	11%	Fiber 1 g	3%	**Vitamin C**	0%	**Iron**	7%
Protein 6 g				Sugars 26 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at temperature below 41°F.
- Use of pasteurized frozen egg yolks and whites is recommended.
- For eight 8-inch pies, use 2 lb 8 oz pastry portioned 5 oz per pie. For filling, use 12 oz (3 cups) per pie.
- Graham Cracker Crust (p. 226) may be used in place of pastry.

Variations

- **Chocolate Peppermint Chiffon Pie.** Cover pie with whipped cream to which 1 lb crushed peppermint candy sticks has been added.
- **Chocolate Refrigerator Dessert.** Use ⅔ recipe Chocolate Chiffon Pie. Spread 12 oz vanilla wafer crumbs over bottom of 12 × 20 × 2-inch pan. Pour in chocolate chiffon mixture and cover with 1 lb 12 oz crumbs.
- **Frozen Chocolate Chiffon Pie.** Fold in 3 cups cream, whipped. Pile into pastry or graham cracker crust. Spread over tops of pies 1½ cups cream, whipped and sweetened with 3 Tbsp sugar. Freeze. Serve frozen.

STRAWBERRY CHIFFON PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 425°F pastry *Bake:* 10 minutes

Ingredient	*Amount*	*Procedure*
Pastry for One-Crust Pies (p. 224)	4 lb	Make pastry. Line seven 9-inch pie pans, 9 oz per pan. For 8 inch pies, see Notes. Flute edges and prick crust with fork (Figure 5.4). Bake at 425°F for 10 minutes or until light brown.
Strawberries, sliced frozen	3 lb 12 oz	Drain strawberries. Reserve juice.
Strawberry gelatin Water, boiling	1 lb 4 oz 1¼ qt	Dissolve gelatin in boiling water.
Strawberry juice drained from berries Lemon juice	2 lb (1 qt) ⅔ cup	Add enough water to reserved juice to make 1 qt. Combine lemon and strawberry juices. Add to gelatin mixture. Chill until partially set. Stir occasionally.
Whipped topping	3 cups	Whip topping stiff but not dry. Whip gelatin mixture until soft peaks form. Fold in whipped topping.
Egg whites (see Notes) Salt Sugar, granulated	10 (12 oz) 1 tsp 12 oz	Add salt to egg whites. Beat until soft peaks form. Gradually add sugar. Beat until stiff peaks form. Fold in gelatin mixture. Fold strawberries into mixture. Portion 1 lb 4 oz filling into each baked pie shell. Cook quickly (within 4 hours) to below 41°F. Refrigerate until served.

Approximate nutritive values per portion **Calories** 295

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 15 g	**24%**	**Cholest.** 14 mg	**5%**	**Total Carb.** 29 g	**10%**	**Vitamin A**	**4%**	**Calcium**	**1%**
Sat. Fat 5 g	**26%**	**Sodium** 472 mg	**20%**	Fiber 1.3 g	**5%**	**Vitamin C**	**27%**	**Iron**	**5%**
Protein 7 g				Sugars 9 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at internal temperature below 41°F.
- Use of pasteurized frozen egg whites is recommended.
- For eight 8-inch pies, use 2 lb 8 oz pastry portioned 5 oz per pie. For the filling, use 1 lb per pie.

LEMON CHIFFON PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 425°F pastry *Bake:* 10 minutes

Ingredient	*Amount*	*Procedure*
Pastry for One-Crust Pies (p. 224)	4 lb	Make pastry. Line seven 9-inch pie pans, 9 oz per pan. For 8-inch pies, see Notes. Flute edges and prick crust with fork (Figure 5.4). Bake at 425°F for 10 minutes or until light brown.
Gelatin, unflavored Water, cold	1½ oz 1¾ cups	Sprinkle gelatin over water. Let stand 10 minutes.
Egg yolks, beaten Sugar, granulated Salt Lemon juice	21 (13 oz) 1 lb 8 oz 2 tsp 2½ cups	Add sugar, salt, and lemon juice to egg yolks. Cook in steam-jacketed kettle or over hot water until consistency of custard. Remove from heat. Add softened gelatin. Stir until dissolved.
Lemon peel, grated	2 Tbsp	Add lemon peel. Chill until mixture begins to congeal.
Egg whites (see Notes) Sugar, granulated	21 (1 lb 8 oz) 1 lb 2 oz	Beat egg whites until frothy. Gradually add sugar and beat until meringue will form soft peaks. Fold into lemon mixture. Scale into baked pie shells, 1 lb (4 cups) per pie. Cool quickly (within 4 hours) to below 41°F. Refrigerate until served.
Cream, whipping Sugar, granulated	1 qt ½ cup	Just before serving, whip cream. Spread 1 cup cream over each pie.

Approximate nutritive values per portion **Calories** 331

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 19 g	**29%**	**Cholest.** 103 mg	**34%**	**Total Carb.** 37 g	**12%**	**Vitamin A**	**18%**	**Calcium**	**2%**
Sat. Fat 7 g	**34%**	**Sodium** 280 mg	**12%**	Fiber 0.5 g	**2%**	**Vitamin C**	**5%**	**Iron**	**5%**
Protein 5 g				Sugars 23 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at temperature below 41°F.
- Use of pasteurized frozen egg yolks and whites is recommended.
- For eight 8-inch pies, use 2 lb 8 oz pastry portioned 5 oz per pie. For the filling, use 12 oz (3 cups) per pie.
- Graham Cracker Crust (p. 226) may be used in place of pastry.

Variations

- **Frozen Lemon Pie.** Increase sugar in custard to 2 lb. Delete sugar from meringue. Beat egg whites and fold into 2 qt cream, whipped. Fold into chilled lemon mixture. Pour into Graham Cracker Crust (p. 226). Freeze. Serve frozen.
- **Lemon Refrigerator Dessert.** Crush 3 lb 8 oz vanilla wafers. Spread half of crumbs in bottom of 12 × 20 × 2-inch pan. Pour chiffon pie mixture over crumbs and cover with remaining crumbs.
- **Orange Chiffon Pie.** Substitute 2 cups orange juice for 2 cups lemon juice. Substitute grated orange peel for lemon peel.

ICE CREAM PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 500°F *Bake:* 2–3 minutes

Ingredient	*Amount*	*Procedure*
Graham Cracker Crust (p. 226)	1 recipe	Prepare seven 9-inch crusts. For 8-inch pies, see Notes.
Vanilla ice cream	2 gal	Soften ice cream. Dip into prepared crusts, using 4½ cups per pie. Freeze several hours.
Egg whites (see Notes) Salt Sugar, granulated Vanilla	24 (2 lb 10 oz) ¾ tsp 1 lb 8 oz 1½ tsp	Add salt to egg whites. Beat until frothy, using whip attachment. Add sugar gradually, beating at high speed until sugar has dissolved. Add vanilla. Cover pies with meringue, 9 oz per pie. Brown quickly (2–3 minutes) in oven at 500°F. Return to freezer if not served immediately.
Chocolate Sauce (p. 584)	1½ qt	Serve with chocolate sauce or fresh strawberries.

Approximate nutritive values per portion **Calories** 467

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 22 g	**34%**	**Cholest.** 35 mg	**12%**	**Total Carb.** 64 g	**21%**	**Vitamin A**	**12%**	**Calcium**	**12%**
Sat. Fat 9 g	**43%**	**Sodium** 339 mg	**14%**	Fiber 0.3 g	**1%**	**Vitamin C**	**0%**	**Iron**	**5%**
Protein 7 g				Sugars 31 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Use of pasteurized frozen egg whites is recommended.
- For eight 8-inch pies, portion 1 qt ice cream per pie. Cover with 8 oz meringue.
- Pastry crust, baked, may be used in place of graham cracker crust.
- Other flavors of ice cream may be used.

Variation

- **Raspberry Alaska Pie.** Thicken three 40-oz packages frozen red raspberries with 2 oz cornstarch. Make thin layers of thickened berries and ice cream in graham cracker crusts, using about half of the berries. Proceed as for Ice Cream Pie. Spoon remaining berries over individual servings of pie.

FROZEN MOCHA ALMOND PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie

Ingredient	*Amount*	*Procedure*
Graham Cracker Crust (p. 226)	1 recipe	Prepare seven 9-inch crusts. For 8-inch pies, see Notes.
Gelatin, unflavored Water, cold	1½ oz 1 cup	Sprinkle gelatin over water. Let stand 10 minutes.
Egg yolks, beaten Sugar, granulated Salt Coffee, hot	18 (11 oz) 1 lb 8 oz 1 Tbsp 2 qt	Add sugar, salt, and coffee to egg yolks. Cook in steam-jacketed kettle or over hot water until mixture coats spoon. Remove from heat. Add softened gelatin. Stir until dissolved. Chill until mixture is consistency of unbeaten egg whites.
Egg whites (see Notes) Cream of tartar Sugar, granulated	18 (1 lb 5 oz) 1½ tsp 1 lb 8 oz	Add cream of tartar to egg whites. Beat until frothy. Add sugar gradually and beat on high speed until consistency of meringue. Fold into gelatin mixture.
Cream, whipping Sugar, granulated	1 qt ¼ cup	Whip cream. Add sugar to one-third of the whipped cream. Save for topping.
Almonds, toasted Vanilla	1 lb 2 Tbsp	Add almonds and vanilla to remaining whipped cream. Fold into gelatin mixture. Pour into prepared crusts. Spread remaining whipped cream over pies and freeze. Remove from freezer 15–20 minutes before serving.

Approximate nutritive values per portion **Calories** 378

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 19 g	29%	**Cholest.** 90 mg	30%	**Total Carb.** 48 g	16%	**Vitamin A**	18%	**Calcium**	5%
Sat. Fat 6 g	29%	**Sodium** 312 mg	13%	Fiber 0.7 g	3%	**Vitamin C**	0%	**Iron**	6%
Protein 6 g				Sugars 33 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Use of pasteurized frozen egg yolks and whites is recommended.
- For eight 8-inch pies, use 2 lb 8 oz pastry, portioned 5 oz per pie. Portion filling 3 cups per pie.

OTHER DESSERT RECIPES

BUTTERSCOTCH PUDDING

Yield: 50 portions or 6 qt *Portion:* ½ cup

Ingredient	*Amount*	*Procedure*
Margarine Sugar, brown	10 oz 3 lb 4 oz	Cook margarine and sugar in steam-jacketed kettle until sugar starts to dissolve.
Water, warm	1 qt	Add water slowly, while stirring. Turn off heat.
Milk	2½ qt	Add milk to warm mixture.
Cornstarch Flour, all-purpose Salt Milk	6 oz 2½ oz ½ tsp 3 cups	Combine dry ingredients in mixer bowl. Add milk to make a smooth paste. Slowly add to warm sugar-milk mixture, stirring constantly. Cook until mixture thickens. Turn off heat.
Eggs	8 (14 oz)	Beat eggs on medium speed for 3 minutes. Add some of the hot mixture to the beaten eggs while still beating. Gradually add egg mixture to hot mixture. Turn on heat. Cook to 185°F.
Vanilla	2 Tbsp	Stir in vanilla. Cool quickly (within 4 hours) to temperature below 41°F. Cover with plastic wrap or waxed paper while cooling to prevent formation of film (see Notes). Serve cold with No. 10 dipper (rounded).

Approximate nutritive values per portion **Calories** 222

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 7 g	**12%**	**Cholest.** 42 mg	**14%**	**Total Carb.** 36 g	**12%**	**Vitamin A**	**5%**	**Calcium**	**10%**
Sat. Fat 2 g	**12%**	**Sodium** 128 mg	**5%**	Fiber 0 g	**0%**	**Vitamin C**	**1%**	**Iron**	**4%**
Protein 3 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet

Notes

- Potentially hazardous food. Store at internal temperature below 41°F.
- See p. 44 for recommended cooling procedures.

CHOCOLATE PUDDING

Yield: 50 portions or 6 qt *Portion:* ½ cup

Ingredient	*Amount*	*Procedure*
Sugar, granulated Flour, all-purpose Cornstarch Salt Cocoa	2 lb 6 oz 6 oz 3 oz 1 tsp 8 oz	Combine dry ingredients.
Milk	1 gal	Pour milk into steam-jacketed kettle or stock pot. Gradually add dry ingredients while stirring briskly with a wire whip. Heat to boiling point, then cook until thickened, about 20 minutes. Stir occasionally. Remove from heat.
Margarine Vanilla	8 oz 2 Tbsp	Add margarine and vanilla. Blend. Cool quickly (within 4 hours) to temperature below 41°F. Cover with plastic wrap or waxed paper while cooling to prevent formation of film (see Notes). Serve cold with No. 10 dipper (rounded).

Approximate nutritive values per portion **Calories** 193

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	10%	**Cholest.** 11 mg	4%	**Total Carb.** 32 g	11%	**Vitamin A**	4%	**Calcium**	10%
Sat. Fat 2 g	12%	**Sodium** 127 mg	5%	Fiber 0 g	0%	**Vitamin C**	1%	**Iron**	9%
Protein 4 g				Sugars 25 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at internal temperature below 41°F.
- See p. 44 for recommended cooling procedures.

Variations

- **Chocolate Banana Pudding.** Slice 12 bananas into cooled pudding.
- **Chocolate Pudding with Chips.** Stir 8 oz peanut butter, butterscotch, or chocolate chips into cooled pudding.

TAPIOCA CREAM PUDDING

Yield: 50 portions or 6 qt *Portion:* ½ cup

Ingredient	*Amount*	*Procedure*
Milk	1 gal	Heat milk to boiling point in a steam-jacketed kettle or stock pot.
Tapioca, quick-cooking	9 oz	Add tapioca gradually while stirring with a wire whip. Cook until clear, stirring frequently.
Eggs yolks, beaten Sugar, granulated Salt	10 (6 oz) 1 lb 2 tsp	Mix egg yolks, sugar, and salt. Add slowly to hot mixture while stirring. Cook about 10 minutes. Remove from heat.
Egg whites (see Notes) Sugar, granulated	10 (12 oz) 4 oz	Beat egg whites until frothy. Add sugar and beat on high speed to form a meringue.
Vanilla	2 Tbsp	Fold egg whites and vanilla into tapioca mixture. Cool quickly (within 4 hours) to temperature below 41°F. Serve cold with No. 10 dipper (rounded).

Approximate nutritive values per portion **Calories** 129

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	**6%**	**Cholest.** 54 mg	**18%**	**Total Carb.** 20 g	**7%**	**Vitamin A**	**9%**	**Calcium**	**9%**
Sat. Fat 2 g	**10%**	**Sodium** 137 mg	**6%**	Fiber 0 g	**0%**	**Vitamin C**	**1%**	**Iron**	**1%**
Protein 4 g				Sugars 15 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Use of pasteurized frozen egg whites is recommended.
- Potentially hazardous food. Store at internal temperature below 41°F.
- See p. 44 for recommended cooling procedures.

Variation

- **Fruit Tapioca Cream.** Add 1 qt chopped canned peaches or crushed pineapple, drained. Add ½ tsp almond extract for peach tapioca.

VANILLA CREAM PUDDING

Yield: 50 portions or 6 qt *Portion:* ½ cup

Ingredient	*Amount*	*Procedure*
Milk Sugar, granulated	3 qt 1 lb	Heat milk and sugar in steam-jacketed kettle.
Sugar, granulated Cornstarch Salt Milk, cold	1 lb 4 oz 6 oz 1½ tsp 2¼ qt	Combine dry ingredients with cold milk in mixer bowl. Whip until smooth. Add to hot milk mixture slowly, stirring constantly with a wire whip. Cook mixture until it is thickened and there is no starch taste, approximately 10 minutes.
Egg yolks, beaten	20 (12 oz)	Add, while stirring, a small amount of hot mixture to the beaten eggs. Add to remainder of hot mixture in kettle, stirring constantly. Stir slowly and cook about 2 minutes. Remove from heat.
Margarine Vanilla	4 oz 2 Tbsp	Stir in margarine and vanilla. Cool quickly (within 4 hours) to temperature below 41°F. Cover with waxed paper while cooling to prevent formation of film (see Notes). Serve cold with No. 10 dipper (rounded).

Approximate nutritive values per portion **Calories** 197

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 7 g	**11%**	**Cholest.** 101 mg	**34%**	**Total Carb.** 29 g	**10%**	**Vitamin A**	**17%**	**Calcium**	**13%**
Sat. Fat 3 g	**16%**	**Sodium** 139 mg	**6%**	Fiber 0 g	**0%**	**Vitamin C**	**1%**	**Iron**	**1%**
Protein 5 g				Sugars 25 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes
- Potentially hazardous food. Store at internal temperature below 41°F.
- See p. 44 for recommended cooling procedures.

Variations
- **Banana Cream Pudding.** Add 12 bananas, sliced, to cooled pudding.
- **Chocolate Cream Pudding.** Add 6 oz sugar and 8 oz cocoa.
- **Coconut Cream Pudding.** Add 8 oz shredded coconut just before serving.
- **Pineapple Cream Pudding.** Add 1 qt crushed pineapple, well drained.

BAKED DATE PUDDING

Yield: 54 portions or 1 pan 12 × 20 × 2 inches *Portion:* 3 oz
Oven: 350°F *Bake:* 45 minutes

Ingredient	*Amount*	*Procedure*
Dates Water, hot	2 lb 4 oz 2½ cups	Pour hot water over dates in mixer bowl. Cover and let dates steam for 15 minutes. Mix on low speed and then on medium speed until dates are broken into small pieces.
Sugar, granulated Flour, all-purpose Baking powder Nonfat dry milk Salt Walnuts, coarsely chopped	1 lb 1 lb 1½ oz 2 oz 1½ tsp 12 oz	Combine dry ingredients in bowl and stir until blended. Add to date mixture. Mix on low speed only until blended. Scale into well-greased 12 × 20 × 2-inch baking pan.
Sugar, brown Margarine Water, boiling	1 lb 4 oz 2 oz 1½ qt	Mix sugar, margarine, and water. Heat to boiling point. Pour hot sauce over batter in pan. Do not stir. Bake at 350°F for 45 minutes. Cool.
		Cut 6 × 9 for 54 portions or 6 × 8 for 48 portions. Serve with whipped cream or whipped topping.

Approximate nutritive values per portion **Calories** 205

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 5 g	**7%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 40 g	**13%**	**Vitamin A**	**1%**	**Calcium**	**8%**
Sat. Fat 0 g	**0%**	**Sodium** 160 mg	**7%**	Fiber 2 g	**8%**	**Vitamin C**	**0%**	**Iron**	**5%**
Protein 3 g				Sugars 21 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

LEMON CAKE PUDDING

Yield: 60 portions or 2 pans 12 × 20 × 2 inches *Portion:* 2½ × 3 inches
Oven: 350°F *Bake:* 1 hour

Ingredient	Amount	Procedure
Egg yolks Lemon juice Margarine, softened	35 (1 lb 6 oz) 5 cups 3 oz	Beat egg yolks, lemon juice, and margarine together until lemon colored.
Sugar, granulated Flour, all-purpose Salt	6 lb 1 lb 3 oz 1 oz (1½ Tbsp)	Combine sugar, flour, and salt.
Milk	3 qt	Add dry ingredients and milk alternately to egg mixture on low speed, ending with dry ingredients.
Egg whites	27 (2 lb)	Beat egg whites on high speed, until stiff, using wire whip attachment. Blend into egg mixture on low speed.
		Pour pudding into two 12 × 20 × 2-inch counter pans, 9 lb 8 oz per pan. Set filled pans in two other counter pans that have been filled half full with boiling water. Bake at 350°F for 1 hour. Cut 5 × 6.

Approximate nutritive values per portion **Calories** 297

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	**9%**	**Cholest.** 140 mg	**47%**	**Total Carb.** 56 g	**19%**	**Vitamin A**	**22%**	**Calcium**	**7%**
Sat. Fat 2 g	**11%**	**Sodium** 232 mg	**10%**	Fiber 0.3 g	**1%**	**Vitamin C**	**9%**	**Iron**	**4%**
Protein 6 g				Sugars 47 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. Store at internal temperature below 41°F.

CHEESECAKE

Yield: 48 portions or 6 8-inch cakes *Portion:* cut 8 per cake
Oven: 350°F *Bake:* 45 minutes

Ingredient	*Amount*	*Procedure*
Graham cracker crumbs Sugar, granulated Margarine, melted	1 lb 8 oz 12 oz 12 oz	Combine crumbs, sugar, and melted margarine. Place 1 cup crumb mixture into each of six 8-inch pie pans or six 6 × 6-inch square cake pans. Press crumbs to sides and bottom of pans.
Cream cheese	4 lb 8 oz	Let cheese stand until it reaches room temperature. Cream until smooth, using flat beater.
Eggs	11 (1 lb 3 oz)	Add eggs slowly to cream cheese while beating.
Sugar, granulated Vanilla	1 lb 2 oz 2 Tbsp	Add sugar and vanilla to cheese mixture. Beat on high speed for about 5 minutes. Place about 3 cups filling in each shell. Bake at 350°F for 30–35 minutes or until set. Do not overbake.
Sour cream Sugar, granulated Vanilla	1¼ qt 4 oz 1½ tsp	Mix sour cream, sugar, and vanilla. Spread 1 cup topping on each cake.
Graham cracker crumbs	4 oz	Sprinkle with a few graham cracker crumbs. Bake 10 minutes.

Approximate nutritive values per portion **Calories** 420

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 28 g	**44%**	**Cholest.** 106 mg	**35%**	**Total Carb.** 35 g	**12%**	**Vitamin A**	**28%**	**Calcium**	**7%**
Sat. Fat 14 g	**72%**	**Sodium** 321 mg	**13%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**7%**
Protein 7 g				Sugars 20 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. Store below 41°F.

Variation

- **Cheesecake with Fruit Glaze.** Cover baked cheesecake with the following glaze: Thaw and drain 6 lb frozen strawberries, raspberries, or cherries. Measure 1 qt fruit syrup, adding water if needed to make that amount. Add slowly to mixture of 4 oz cornstarch, 6 oz granulated sugar, and ¾ cup lemon juice if using berries or sweet cherries or ¾ cup additional water if using sour cherries. Cook until thick and clear. Cool slightly. Add drained fruit. Spread over cheesecakes. Canned fruit pie fillings may be used for the glaze.

BAKED CUSTARD

Yield: 50 custards *Portion:* 4 oz
Oven: 325°F *Bake:* 40–45 minutes

Ingredient	*Amount*	*Procedure*
Eggs Sugar, granulated Salt Milk, cold Vanilla	20 (2 lb 3 oz) 1 lb 4 oz ½ tsp 1 qt 2 Tbsp	Beat eggs slightly, using wire whip attachment. Add sugar, salt, cold milk, and vanilla. Mix on low speed only until blended.
Milk	1 gal	Scald milk by bringing to point just below boiling. Add to egg mixture and blend.
Nutmeg	2 tsp	Pour mixture into custard cups that have been arranged in baking pans. Sprinkle nutmeg over tops. Pour hot water around cups. Bake at 325°F for 40–45 minutes or until a knife inserted in custard comes out clean (180°F). Cool quickly (within 4 hours) to below 41°F.

Approximate nutritive values per portion **Calories** 136

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 5 g	**8%**	**Cholest.** 98 mg	**33%**	**Total Carb.** 16 g	**5%**	**Vitamin A**	**7%**	**Calcium**	**12%**
Sat. Fat 3 g	**13%**	**Sodium** 95 mg	**4%**	Fiber 0 g	**0%**	**Vitamin C**	**1%**	**Iron**	**1%**
Protein 6 g				Sugars 16 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at internal temperature below 41°F.
- Custard may be baked in a 12 × 20 × 2-inch pan set in a pan of hot water. Cut 5 × 8 for 40 portions.

Variations

- **Bread Pudding.** Pour liquid mixture over 1 lb dry bread cubes and let stand until bread is softened. Add 1 lb raisins if desired. Bake. Day-old sweet rolls may be substituted for bread.
- **Caramel Custard.** Add 1 cup Burnt Sugar Syrup (p.175) slowly to scalded milk and stir carefully until melted.
- **Rice Custard.** Use ½ Baked Custard recipe, adding 1 lb rice (AP) cooked, 1 lb raisins, and 3 oz melted margarine or butter.

FLOATING ISLAND

Yield: 50 portions or 6 qt *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Milk	4½ qt	Heat milk to boiling point.
Sugar, granulated Cornstarch Salt	1 lb 4 oz ½ tsp	Combine sugar, cornstarch, and salt. Add gradually to hot milk, stirring briskly with wire whip. Cook over hot water or in steam-jacketed kettle until slightly thickened.
Egg yolks, beaten Vanilla	27 (1 lb 2 oz) 2 Tbsp	Gradually stir egg yolks and vanilla into hot mixture. Continue cooking until thickened, about 5 minutes.
Egg whites Sugar, granulated	27 (1 lb 14 oz) 12 oz	Beat egg whites on high speed past the frothy stage, approximately 1½ minutes, using wire whip attachment. Add sugar gradually, while beating. Beat until sugar has dissolved and mixture resembles meringue. Drop by spoonfuls onto hot water and bake at 375°F until set.
		Cool custard slightly and pour into sherbet dishes; or dip, using a No. 10 dipper. Lift meringues from water with a fork and place on top of portioned custards. Add dash of nutmeg. Chill quickly before serving (below 41°F within 4 hours).

Approximate nutritive values per portion **Calories** 164

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 6 g	**9%**	**Cholest.** 121 mg	**40%**	**Total Carb.** 23 g	**8%**	**Vitamin A**	**19%**	**Calcium**	**11%**
Sat. Fat 3 g	**13%**	**Sodium** 95 mg	**4%**	Fiber 0 g	**0%**	**Vitamin C**	**1%**	**Iron**	**2%**
Protein 6 g				Sugars 20 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at an internal temperature below 41°F.
- See p. 44 for recommended cooling procedures.

Variation

- **Creamy Custard Sauce with Fruit.** Ladle 3 oz custard over fresh fruit. Suggested combinations are sliced bananas, blueberries and sliced peaches; or cubed pineapple, raspberries, and sliced peaches.

CHRISTMAS PUDDING

Yield: 48 portions *Portion:* 3 oz
Steam pressure: 5–6 lb *Steam:* 40–45 minutes

Ingredient	*Amount*	*Procedure*
Carrots, raw, peeled Potatoes, raw, peeled	1 lb 4 oz (EP) 1 lb 11 oz (EP)	Peel and grate carrots and potatoes.
Sugar, granulated Margarine	2 lb 1 lb	Cream sugar and margarine on medium speed, using flat beater.
Raisins Dates, chopped Nuts, chopped	1 lb 4 oz 1 lb 4 oz 12 oz	Add raisins, dates, and nuts to creamed mixture. Add carrots and potatoes. Mix on low speed until blended.
Flour, all-purpose Baking soda Cinnamon Cloves Nutmeg Salt	1 lb 4 tsp 1 Tbsp 1 Tbsp 1 Tbsp ¼ tsp	Combine dry ingredients. Add to fruit mixture. Mix on low speed until blended.
		Portion mixture with No. 16 dipper into greased muffin pans. Cover each filled pan with an inverted empty muffin pan. Steam for 40–45 minutes. Serve warm with Vanilla Sauce (p. 586), Hard Sauce (p. 586), or Nutmeg Sauce (p. 586). Garnish with holly leaf and whole cranberries for Christmas.

Approximate nutritive values per portion **Calories** 304

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	**18%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 50 g	**17%**	**Vitamin A**	**36%**	**Calcium**	**3%**
Sat. Fat 2 g	**10%**	**Sodium** 213 mg	**9%**	Fiber 3 g	**11%**	**Vitamin C**	**4%**	**Iron**	**7%**
Protein 3 g				Sugars 35 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variation

- **Flaming Pudding.** Dip sugar cube in lemon extract. Place on hot pudding and light just before serving.

CREAM PUFFS

Yield: 50 portions *Portion:* 1 puff
Oven: 425°F, 325°F *Bake:* 15 minutes, 30 minutes

Ingredient	*Amount*	*Procedure*
Margarine or butter Water, boiling	1 lb 1 qt	Melt margarine in boiling water.
Flour, all-purpose Salt	1 lb 3 oz 1 tsp	Add flour and salt all at once to boiling mixture. Beat vigorously. Remove from heat as soon as mixture leaves sides of pan. Transfer to mixer bowl. Cool slightly.
Eggs	16 (1 lb 12 oz)	Add eggs one at a time, beating on high speed after each addition.
		Drop batter with No. 24 dipper onto greased baking sheets. Bake at 425°F for 15 minutes. Reduce heat to 325°F and bake 30 minutes longer.
		When ready to use, make a cut in top of each puff with a sharp knife. Fill with Custard Filling (p. 198), using a No. 16 dipper. Top with Chocolate Sauce (p. 584) if desired.

Approximate nutritive values per portion plus filling **Calories** 128

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	14%	**Cholest.** 68 mg	23%	**Total Carb.** 9 g	3%	**Vitamin A**	5%	**Calcium**	1%
Sat. Fat 2 g	10%	**Sodium** 149 mg	6%	Fiber 0.3 g	1%	**Vitamin C**	0%	**Iron**	4%
Protein 3 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. Hold for service at below 41°F internal temperature when filled.

Variations

- **Butterscotch Cream Puffs.** Fill cream puffs with Butterscotch Pudding (p. 247). Top with Butterscotch Sauce (p. 583) if desired.
- **Eclairs.** Shape cream puff mixture by piping with a pastry tube, ¾ inch wide and 4 inches long. Bake. Split lengthwise. Proceed as for Cream Puffs. When filled, ice with Chocolate Glaze (p. 195).
- **Ice Cream Puffs.** Fill puffs with vanilla ice cream and serve with Chocolate Sauce (p. 584).
- **Orange Cream Puffs with Chocolate Filling.** Add ½ cup grated orange peel and 10 oz chopped almonds to cream puff mixture. Bake. Fill with Chocolate Cream Filling (p. 196) or Chocolate Pudding (p. 248).
- **Puff Shells.** Make bite-size shells with pastry tube or No. 100 dipper. Bake. Fill with chicken, fish, or ham salad. Yield: approximately 200 puffs.

PINEAPPLE BAVARIAN CREAM

Yield: 60 portions or 2 pans 12 × 20 × 2 inches *Portion:* 2½ × 3 inches

Ingredient	*Amount*	*Procedure*
Gelatin, unflavored Water, cold	3 oz 1 qt	Sprinkle gelatin over water. Let stand 10 minutes.
Crushed pineapple Sugar, granulated	1 No. 10 can 1 lb 12 oz	Heat pineapple and sugar to boiling point.
Lemon juice	¼ cup	Add gelatin to pineapple mixture. Stir until dissolved. Add lemon juice. Chill until mixture begins to congeal.
Whipping cream	1 qt	Whip cream and fold into pineapple mixture. Pour into 50 individual molds or two 12 × 20 × 2-inch pans. Cut 5 × 6.

Approximate nutritive values per portion **Calories** 129

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	8%	**Cholest.** 18 mg	6%	**Total Carb.** 20 g	7%	**Vitamin A**	5%	**Calcium**	1%
Sat. Fat 3 g	15%	**Sodium** 9 mg	1%	Fiber 0.4 g	2%	**Vitamin C**	8%	**Iron**	1%
Protein 2 g				Sugars 22 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- May be used for pie filling.

Variations

- **Apricot Bavarian Cream.** Substitute 3 lb dried apricots, cooked, or 6 lb canned apricots, sieved, for the crushed pineapple.
- **Strawberry Bavarian Cream.** Substitute 6 lb fresh or frozen sliced strawberries for pineapple.

RUSSIAN CREAM

Yield: 50 portions or 5 qt *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Gelatin, unflavored Water, cold	1½ oz 1¼ qt	Sprinkle gelatin over cold water. Let stand 10 minutes.
Light cream (half-and-half) Sugar, granulated	1½ qt 2 lb	Combine half-and-half and sugar. Heat until warm in steam-jacketed kettle or over hot water. Stir in softened gelatin. Heat until gelatin and sugar are dissolved but do not boil. Cool.
Sour cream Vanilla	2 lb 8 oz 2½ Tbsp	When mixture begins to thicken, fold in sour cream and vanilla, which have been beaten until smooth. Cool quickly (within 4 hours) to below 41°F.
Raspberries, frozen	5 lb	Dip pudding with No. 12 dipper. Serve with No. 30 dipper of partially defrosted raspberries.

Approximate nutritive values per portion								**Calories** 209	
Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 8 g	**13%**	**Cholest.** 21 mg	**7%**	**Total Carb.** 32 g	**11%**	**Vitamin A**	**9%**	**Calcium**	**6%**
Sat. Fat 5 g	**25%**	**Sodium** 26 mg	**1%**	Fiber 2 g	**8%**	**Vitamin C**	**14%**	**Iron**	**2%**
Protein 3 g				Sugars 27 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at internal temperature below 41°F.
- See p. 44 for recommended cooling procedures.

APPLE CRISP

Yield: 64 portions or 2 pans 12 × 20 × 2 inches *Portion:* 3 × 2½ inches
Oven: 350°F *Bake:* 45–50 minutes

Ingredient	*Amount*	*Procedure*
Apples, sliced	15 lb (EP)	Mix sugar and lemon juice with apples.
Sugar, granulated	12 oz	Arrange in two greased 12 × 20 × 2-inch baking pans,
Lemon juice	⅓ cup	8 lb per pan.
Margarine, soft	1 lb 4 oz	Combine remaining ingredients and mix until crumbly.
Flour, all-purpose	12 oz	Spread evenly over apples, 2 lb 4 oz per pan.
Rolled oats, quick-cooking, uncooked	12 oz	Bake at 350°F for 45–50 minutes. Serve with whipped cream, ice cream, or cheese.
Sugar, brown	2 lb	Cut 4 × 8.

Approximate nutritive values per portion								**Calories** 240	
Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 8 g	**12%**	**Cholest.** 19 mg	**6%**	**Total Carb.** 43 g	**14%**	**Vitamin A**	**7%**	**Calcium**	**2%**
Sat. Fat 5 g	**23%**	**Sodium** 80 mg	**3%**	Fiber 2 g	**10%**	**Vitamin C**	**10%**	**Iron**	**5%**
Protein 2 g				Sugars 19 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Fresh, frozen, or canned apples may be used.
- 1 tsp cinnamon or nutmeg may be added to the topping.
- 8 oz finely chopped pecans may be added to the topping.

Variations

- **Cheese Apple Crisp.** Add 8 oz grated cheese to topping mixture.
- **Cherry Crisp.** Substitute frozen pie cherries for apples. Increase granulated sugar to 1 lb. Add ½ tsp almond extract.
- **Fresh Fruit Crisp.** Combine 3 lb granulated sugar, 12 oz flour, 1 Tbsp nutmeg, and 1 Tbsp cinnamon. Add to 15 lb fresh fruit, peeled and sliced. Top with mixture of 2 lb 6 oz margarine, 2 lb 8 oz brown sugar, and 2 lb 6 oz flour. Cream margarine, add brown sugar and flour, and mix until of dough consistency. Spread over fruit. Bake. Serve warm with cream.
- **Peach Crisp.** Substitute sliced peaches for apples.

BAKED APPLES

Yield: 50 portions *Portion:* 1 apple
Oven: 375°F *Bake:* 45 minutes

Ingredient	*Amount*	*Procedure*
Apples	50	Wash and core apples. Peel down about one-fourth of the way from the top. Place in baking pans, peeled-side up.
Sugar, granulated Water, hot Salt Cinnamon, ground	3 lb 3 cups 1 tsp 1 Tbsp	Mix sugar, water, salt, and cinnamon. Pour over apples. Bake at 375°F until tender, about 45 minutes, basting occasionally while cooking to glaze. Test for doneness with a pointed knife inserted in the apple.

Approximate nutritive values per portion **Calories** 187

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 48 g	**16%**	**Vitamin A**	**0%**	**Calcium**	**1%**
Sat. Fat 0 g	**0%**	**Sodium** 45 mg	**2%**	Fiber 3 g	**12%**	**Vitamin C**	**13%**	**Iron**	**1%**
Protein 0 g				Sugars 45 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Use apples of uniform size, suitable for baking, such as Rome Beauty or Jonathan.
- Amount of sugar will vary with tartness of apples.
- ½ cup red cinnamon candies may be substituted for cinnamon.
- Apple centers may be filled with chopped dates, raisins, nuts, or mincemeat.
- 3 oz margarine or butter may be added to the syrup for flavor.

APPLE DUMPLINGS

Yield: 50 dumplings *Portion:* 1 dumpling
Oven: 350°F *Bake:* 25–30 minutes

Ingredient	*Amount*	*Procedure*
Pastry for Two-Crust Pies (p. 225)	7 lb	Make pastry. Scale into 10-oz balls. Chill for 10 minutes or more.
Flour, all-purpose Sugar, granulated Salt Cinnamon, ground	10 oz 6 lb 1 Tbsp 1 Tbsp	Make sauce. Combine flour, sugar, salt, and cinnamon.
Water, hot	1½ gal	Add dry ingredients to water while stirring with a wire whip. Cook until thickened.
Margarine	1 lb	Add margarine and stir until margarine is melted. Remove from heat.
Vanilla	2 Tbsp	Add vanilla.
Apples, medium size	50	Wash, core, and peel apples.
Margarine	1 lb 8 oz	Roll pastry to ⅛-inch thickness. Position apple on dough and cut a circle approximately 7 inches in diameter around it. Insert 1 Tbsp margarine into center of each apple. Push toward center of apple.
Sugar, granulated Cinnamon, ground Nutmeg, ground	1 lb 5 oz 1½ Tbsp 2 tsp	Combine sugar, cinnamon, and nutmeg. Use mixture to fill centers of apples. Enclose the apple in the cut dough, pinching to seal the edges. Turn the apple over so that the bottom is the top and make three slashes in the top of the apple. Place in lightly greased baking pans. Bake for 15 minutes at 350°F. Baste dumplings with one-half of the sauce and bake 10–15 minutes longer or until golden brown. Serve dumplings with additional warm sauce as desired.

Approximate nutritive values per portion — **Calories** 831

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 41 g	63%	**Cholest.** 0 mg	0%	**Total Carb.** 116 g	39%	**Vitamin A**	7%	**Calcium**	3%
Sat. Fat 9 g	46%	**Sodium** 668 mg	28%	Fiber 4 g	16%	**Vitamin C**	13%	**Iron**	11%
Protein 4 g				Sugars 83 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Apples may be wrapped with dough and frozen for later use. To serve, make sauce and bake as directed but allow 15–20 minutes longer baking time.
- Sliced apples, frozen or fresh, may be used in place of whole apples. Cut pastry into 6-inch squares. Place No. 10 dipper of fruit in the center and sprinkle with sugar-cinnamon mixture. Fold corners of pastry to the center and on top of fruit and seal edges together. Bake as directed for Apple Dumplings.

APPLESAUCE

Yield: 50 portions *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Apples, tart	15 lb (AP)	Wash, peel, and core apples. Cut into quarters.
Water	1 qt	Add water to apples. Cook slowly until soft.
Sugar, granulated	3 lb	Add sugar and stir until dissolved. Serve with No. 10 dipper (rounded).

Approximate nutritive values per portion **Calories** 185

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 48 g	16%	**Vitamin A**	0%	**Calcium**	1%
Sat. Fat 0 g	0%	**Sodium** 2 mg	0%	Fiber 3 g	12%	**Vitamin C**	12%	**Iron**	1%
Protein 0 g				Sugars 45 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Thin slices of lemon, lemon juice, or 1 tsp cinnamon may be added.
- Peaches or pears may be substituted for apples.
- Apples may be cooked unpeeled.
- Amount of sugar will vary with tartness of apples.

Variation

- **Apple Compote.** Combine sugar and water and heat to boiling point. Add apples and cook until transparent.

FRUIT COBBLER

Yield: 64 portions or 2 pans 12 × 20 × 2 inches *Portion:* 3 × 2½ inches
Oven: 425°F *Bake:* 30 minutes

Ingredient	*Amount*	*Procedure*
Fruit, frozen	10 lb	Drain fruit. Reserve juice.
Juice drained from fruit, plus water to make total amount needed	2 qt	Heat juice and water to boiling point.
Sugar, granulated Cornstarch Seasonings	1–2 lb (see Table 5.3, p. 230) 6 oz See Table 5.3, p. 230	Mix sugar, cornstarch, salt, and seasonings, if any.
Water, cold	2 cups	Add cold water to dry ingredients and stir until smooth. Add to hot juice while stirring briskly with a wire whip. Cook until thickened.
		Add cooked, drained fruit to thickened juice. Mix carefully to prevent breaking or mashing fruit. Cool. Pour into two 12 × 20 × 2-inch baking pans, 9 lb 6 oz per pan.
Pastry (p. 223) or Biscuit Topping for Fruit Cobbler (p. 263)	3 lb	Roll pastry or topping to fit pans. Place on top of fruit. Seal edges to sides of pan. Perforate top. Bake at 425°F for 30 minutes or until top is browned. Cut 4 × 8.

Approximate nutritive values per portion									**Calories** 193
Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 8 g	**13%**	**Cholest.** 2 mg	**1%**	**Total Carb.** 30 g	**10%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 2 g	**11%**	**Sodium** 144 mg	**6%**	Fiber 2 g	**7%**	**Vitamin C**	**0%**	**Iron**	**3%**
Protein 1 g				Sugars 10 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Use cherries, berries, peaches, apricots, apples, plums, or other fruits.
- The amount of sugar will vary with the tartness of the fruit.
- For canned fruit, see p. 228.

Variations

- **Fruit Slices.** Use 2 lb 12 oz pastry. Line an 18 × 26 × 2-inch baking pan with 1 lb 8 oz of the pastry. Add fruit filling prepared as for cobbler. Moisten edges of dough and cover with crust made of remaining pastry. Trim and seal edges and perforate top. Bake at 400°F for 1–1¼ hours.
- **Peach Cobbler with Hard Sauce.** Use 10 lb frozen sliced peaches, thawed, and mixed with 1 lb sugar, 1 tsp nutmeg, 4 oz flour, and 6 oz margarine, melted. Top with pastry crust and bake. Serve warm with Hard Sauce (p. 586) or ice cream.

BISCUIT TOPPING FOR FRUIT COBBLER

Yield: topping for two 12 × 20-inch pans or 64 portions

Ingredient	*Amount*	*Procedure*
Flour, all-purpose Baking powder Salt Sugar, granulated Nonfat dry milk	1 lb 6 oz 1 oz 1 tsp 3 oz 2 tsp	Blend dry ingredients in mixer bowl.
Shortening	8 oz	Cut shortening into dry ingredients on low speed until it appears as coarse as cornmeal.
Eggs Water	2 (4 oz) 1¼ cups	Beat eggs. Add water and blend. Add to flour-shortening mixture. Blend on low speed until a soft dough is formed.
		Scale 1 lb 8 oz dough per pan. Roll to fit 12 × 20-inch pan. Roll onto rolling pin. Place over filling in pan, allowing dough to extend up edge of pan, about 1 inch all around (to allow for shrinkage). Cut several slits in dough.
Milk Sugar, granulated	¼ cup 2 oz	Brush top of each pan with 2 Tbsp milk and 2 Tbsp sugar.

Approximate nutritive values per portion									**Calories** 79
Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 4 g	**6%**	**Cholest.** 8 mg	**3%**	**Total Carb.** 10 g	**3%**	**Vitamin A**	**0%**	**Calcium**	**3%**
Sat. Fat 1 g	**5%**	**Sodium** 81 mg	**3%**	Fiber 0.3 g	**1%**	**Vitamin C**	**0%**	**Iron**	**2%**
Protein 1 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

OLD-FASHIONED STRAWBERRY SHORTCAKE

Yield: 50 individual shortcakes *Portion:* 1 shortcake + ¾ cup (6 oz) strawberries
Oven: 375°F *Bake:* 15 minutes

Ingredient	Amount	Procedure
Strawberries, fresh Sugar, granulated	9 qt 2 lb (variable)	Wash, drain, and stem strawberries. Slice and sweeten. Adjust sugar according to sweetness of berries.
Flour, all-purpose Baking powder Salt Sugar	4 lb 5 oz 1 Tbsp 1 lb 5 oz	Mix dry ingredients in mixer bowl.
Margarine or butter	2 lb	Cut margarine into dry ingredients, using pastry blender or flat beater. Mixture should have coarse, mealy consistency.
Milk	1½ qt	Stir milk quickly into flour mixture. Mix just enough to moisten.
		Portion dough with No. 20 dipper onto ungreased baking sheets. Place about 2 inches apart to allow for spreading. Bake at 375°F for 12–15 minutes or until golden brown.
Cream, half-and-half, or whipping	1½ qt (3 qt if whipped)	To serve, dip ¾ cup (6 oz) strawberries over shortcake. Serve with cream or top with whipped cream.

Approximate nutritive values per portion **Calories** 470

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 20 g	**30%**	**Cholest.** 15 mg	**5%**	**Total Carb.** 69 g	**23%**	**Vitamin A**	**10%**	**Calcium**	**27%**
Sat. Fat 6 g	**28%**	**Sodium** 611 mg	**25%**	Fiber 3 g	**12%**	**Vitamin C**	**102%**	**Iron**	**11%**
Protein 6 g				Sugars 37 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- For frozen strawberries, use 12 lb. Portion ½ cup over shortcake.

FRUIT AND CHEESE DESSERT

Yield: 50 portions *Portion:* 2⅓–3 oz

Ingredient	*Amount*	*Procedure*
Fruit—choose from: Apples cut in wedges Bananas, cut in chunks Kiwi fruit, cut in wedges Pears, quartered Pineapple spears Strawberries	5–6 lb	Select fruit in season that offers contrast in color and texture. Arrange attractively on a platter or tray.
Dessert cheese—choose from: Blue Brie Camembert Gruyère Port du Salut	3–4 lb	Place cheese on the platter with the fruit or alongside. Cut cheese into serving pieces or provide knife or cheese server so guests may serve themselves. Garnish. Seasonal garnishes are appropriate.
Dessert crackers or wafers	2–2½ lb	Serve fruit and cheese with dessert crackers or wafers.

Approximate nutritive values per portion **Calories** 242

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	**18%**	**Cholest.** 32 mg	**11%**	**Total Carb.** 26 g	**9%**	**Vitamin A**	**10%**	**Calcium**	**20%**
Sat. Fat 6 g	**30%**	**Sodium** 435 mg	**18%**	Fiber 5 g	**21%**	**Vitamin C**	**27%**	**Iron**	**6%**
Protein 11 g				Sugars 7 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note • See p. 713–715 for wine accompaniments.